



February is Teen Dating Violence Awareness Month



*Will you be mine?
All mine. So I can isolate
you from friends and family?*

*Roses are red,
violets are blue,
give me your phone,
and all your
passwords, too.*

*Your smile makes
my heart sing...
so don't share it with
anyone but me.*



SCAN HERE

to donate today



Giving Hearts Day

Partner with CVIC to eliminate teen violence.

Isolation, intimidation and threats are not love.
1 in 3 teens in the U.S. will experience physical,
sexual, or emotional abuse from someone
they are in a relationship with.



Dear Friend,

Isolation, intimidation and threats are not love.

One in three teens in the U.S. will experience physical, sexual or emotional abuse from someone they are in a relationship with. On Giving Hearts Day Feb. 12 and during Teen Dating Violence Awareness Month, together, we can change this and transform futures for youth in our community.

Teen dating violence often begins with control, threats or coercion that go unrecognized without early education and trusted adults. In classrooms throughout the Grand Forks area, including rural communities, our team hears questions no young person should have to navigate alone: *I think I was sexually assaulted – how do I access a rape kit? My sister’s ex is stalking her – can you help? My girlfriend controls what I wear and who I talk to – is that normal?*

Without CVIC’s presence in local schools, these questions go unanswered, and harmful behaviors are left unchecked to begin a dangerous cycle that escalates.

Your generosity makes it possible for CVIC to connect with youth before violence happens – helping students learn what healthy relationships look like and how to make them a reality in their own lives. After participating in CVIC’s healthy relationship training, one teen reached out for help. “I don’t treat women very well. How do I change that?” said Josiah,* who connected with CVIC educators and a school counselor.

These moments show what prevention and education make possible.

In 2025 alone, CVIC’s Prevention & Education team delivered 880 presentations in 35 area schools, reaching 8,855 K-12 students with lessons on healthy friendships, boundaries, respect and safety. This work doesn’t just change individual choices – it strengthens schools, families and our entire community.

While your Giving Hearts Day gift today allows CVIC to respond at every stage of interpersonal violence – it touches young lives in powerful ways. Your generosity today can break the cycle before it starts, changing the future for teens like Josiah – and helping create healthy relationships that stop violence in its tracks.

Will you choose CVIC on Giving Hearts Day to eliminate teen dating violence?

With gratitude,

Coiya Tompkins Inman

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President/CEO

PS: ***This Giving Hearts Day comes at a critical time.*** Due to funding challenges, we’re entering 2026 with a \$500,000 gap, and community support is essential to ensuring these services continue without interruption.

Will you invest in our young people with a gift today?



*“I don’t treat women very well. How do I change that?”
said Josiah*, a teen who sought support from CVIC’s educators and a
school counselor after participating in healthy relationship training.*

