



SUN

MON

TUE

WED

THU

FRI

SAT

FEBRUARY

1
Follow kNOw
MORE® on
Social Media

2 Share KM social media posts	3 Share what red flags are in a unhealthy relationship	4 Message someone you love/care about that you appreciate them	5 Wellness Wednesday Go for a 10- minute walk	6 Check-In with a teen In your life	7 Share the PSA Video from the KM Social Media page	8 Talk to your friend about what a healthy relationship looks like
9 Give a stranger a compliment	10 Remind 4 people to wear orange tomorrow!	11 Wear Orange Day!	12 Wellness Wednesday Listen to your favorite song	13 Remember that everyone deserves a healthy relationship	14 Valentine's Day What does love look like to you?	15 Write a letter to your best friend telling them how much their friendship means to you and why
16 Spend the day away from your phone	17 Check to see If your school has a policy on teen dating violence and write a letter to your principal or school Board	18 Write down 2 things you are grateful for	19 Wellness Wednesday Get a sweet treat	20 Celebrate every win	21 Enjoy your favorite comfort food	22 Self-Care Day
23 Do a small act of kindness for someone	24 Reflect on what makes you happy	25 Ask someone how their day is going	26 Wellness Wednesday Read a book	27 Check in with 3 friends to see how they are doing	28 Give someone a hug	

TEEN
DATING
VIOLENCE
AWARENESS
MONTH
2025

KNOW
MORE®

A PROGRAM OF MARJAREE MASON CENTER



DAILY ACTIVITY CALENDAR

