

What's new?

Volume 8, Issue 6

February '19

From the PHS Student Services Department

Your Love is Unique ...with consent

February is #teenDVmonth

Break the Cycle's youth movement wanted a theme that spoke to the importance of the differences in relationships, young love and boundaries. Members expressed that your first love sets you up for the rest of your life, and it's how you learn to define relationships. The members want the 2019 Teen Dating Violence Awareness Month theme to remind each and every one of you that **your love is unique and you deserve to have your boundaries respected**. When we all come together to share our "uniqueness" we can truly learn to work together to create healthy relationships—no matter how young you are!

Did you know?

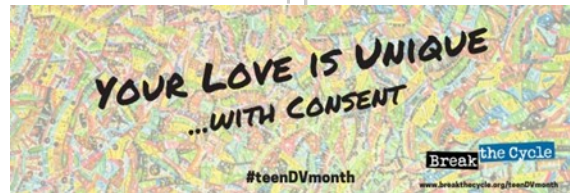
We all know relationships can be tough. But did you know **1 in 3** young people will experience abuse by a partner while dating? That's a lot of people!

February is Teen Dating Violence Awareness Month, it's time to take action, talk to a friend in need, and share help resources.

If you or someone you know needs help you can text **"loveis" to 22522** to talk with an Advocate.

Warning signs of abuse

- Partner checking cell phone or email without permission
- Constant put downs
- Extreme jealousy, insecurity or possessiveness
- Explosive temper
- Physically hurting you in any way
- Isolating you from family or friends
- Pressuring or forcing intimacy
- Making false accusations.
- Manipulation



Important Dates

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| Schedule change deadline | 2/01 |
| Late Starts | 2/05 2/19 |
| Career Cruising with Juniors | 2/06 2/07 |
| Last Day to Drop a Class & Pass/Fail Deadline | 2/12 |
| President's Day—No School | 2/18 |
| Palatine's PROMISE Health & Safety Fair | 2/22 |

Future Important Dates

03/05 & 03/19 Late Starts

03/06 College Planning Night for Junior Students & Parents

3/25-3/29 Spring Break—No School

College Planning Night for Junior Students & Parents

PHS Student Services Presents: **College Planning Night for Junior Students & Parents**, Wednesday, March 6, 2019, 7:00 p.m. in the Auditorium. The following college admissions personnel will be presenting: Megan O'Rourke, Assistant

Director of Regional Recruitment, Marquette University and Mike Melinder, Senior Admissions Counselor, University of Iowa.

Topics include: similarities and differences between state institutions vs. private

institutions, finding the best fit, importance of a college visit, how colleges evaluate your application, financial aid and scholarships, essays and personal statements, campus life, choosing a major and tips for parents. etc.