



**THIS HAS THE POWER TO  
END TEEN DATING VIOLENCE.**

Family dinners offer one of the most effective opportunities to check in with your preteens. Talk with them, listen to what your kids have to say, engage them. With 1 in 5 high schoolers experiencing dating violence, table time offers an opportunity to talk with them about responsible choices, even if your kids aren't dating yet. See how super, supper can be for your child's future well-being. Find your recipe for conversation at [startstrongparents.org](http://startstrongparents.org).

**PARENTS: START RELATING BEFORE THEY START DATING.**

[startstrongparents.org](http://startstrongparents.org)

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