

## YOU ARE NEEDED

Being a father figure is one of the most important and rewarding experiences life has to offer. By creating safe spaces and having important conversations, you can show your child what healthy and respectful relationships look like!

## THE POWER OF YOUR LOVE

Research shows children with loving and committed father figures:

- Are less likely to be abused by a dating partner
- Do better in school
- Have higher self-esteem
- Are at lower risk of depression, asthma, cancer, and diabetes
- Have more job and financial opportunities down the road

\*Source: U.S. Census Bureau (2021)



Scan our QR code for access to blogs on fatherhood, community resources, and more information on healthy manhood and violence prevention.



[RESILIENCEMI.ORG/MEN-AS-ALLIES](https://resilienceMI.org/men-as-allies)

For more information:

[Prevention@ResilienceMI.org](mailto:Prevention@ResilienceMI.org)

*If you or someone you know needs support for domestic violence, sexual assault, or stalking, contact Resilience's 24-Hour Help Line. Resilience supports all survivors, regardless of gender, age, legal status, or sexual orientation.*

24- Hour Help Line: 1-800-848-5991

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# RESILIENCE

ADVOCATES FOR ENDING VIOLENCE™



## THE POWER OF LOVING & COMMITTED FATHER FIGURES

Created by the Lakeshore Healthy Manhood Collective in collaboration with Thrive Ottawa County



**1 in 3**

teens experience physical, sexual, and/or emotional abuse by a dating partner.



**11-17**

is often the age when abusive relationships begin.

**81%**

of parents believe teen dating abuse is not an issue or admit they're unaware of it.



\*Source: LovelsRespect.org

## PREVENTION IS POSSIBLE

Starting these conversations early with your child, as well as modeling safe and respectful behaviors, can make all the difference. With fathers like you, we can build a safer community for the next generation!

## KEY STRATEGIES FOR FATHER FIGURES

### BE PRESENT

Spend quality time together and show how much you care! Ask questions, listen with purpose, and build an unbreakable bond.

### SHOW PHYSICAL & EMOTIONAL AFFECTION

Comfort them when they are sad or scared, and express your love often through your words and actions.

### PLAY & HAVE FUN

Dress up, dance together, and get messy! Encourage their creativity and imagination, and follow their lead.

### ASK FOR, OFFER, AND ACCEPT HELP

Show them how to reach out in times of need. Let them know they can always come to you for support, no matter what!

### EXPRESS A WIDE RANGE OF EMOTION

Talk about your feelings and teach them how to cope in healthy ways. Cry in front of them and discuss pride, joy, fear, and sadness.



## SIGNS OF A HEALTHY RELATIONSHIP

1. TRUST
2. HONESTY
3. INDEPENDENCE
4. RESPECT
5. EQUALITY
6. KINDNESS
7. HEALTHY CONFLICT
8. COMFORTABLE PACE
9. TAKING RESPONSIBILITY
10. FUN



\*Source: JoinOneLove.org