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**Building Strong Foundations, LLC**

(512) 814-6002

Info@bsftoday.com

<https://www.buildstrongfoundations.com/>



## **Prevalence of Teen Dating Abuse**

### **An intimate, practical guide to helping adolescents prevent and escape abusive dating relationships**

San Antonio, TX

Building Strong Foundations announces the release of the book *It Doesn't Start with a Punch*. In the book, author, abuse survivor and thriver, Dee Dee Said shows how easily adolescents can become involved in an abusive relationship, how abuse can start subtly and grow, imparting deep wounds with long-lasting effects.

“With a heart and passion for helping teenagers and families, Dee Dee recounts her personal experience with teen dating violence to help others understand more about verbal, emotional, and physical abuse”, shares Celeste Inman, M.Ed., LPC-S, RPT-S. “Dee Dee identifies the red flags, lets the reader know they are not alone and shares ways of helping someone in an abusive relationship. This book provides beneficial information from beginning to end”.

Dee Dee Said speaks against violence while advocating for healthy relationships. She has mentored youth; engaging them to learn about healthy character traits and the risks associated with what many deem “normal” teenage activity. In addition to the book, she also gives presentations to help raise awareness and keep teens from getting involved in abusive dating relationships.

This book will help parents, abuse victims, and anyone who cares for teens learn:

- The protective factors that shield youth from becoming involved with or staying with an abuser
- Signs of an unhealthy romantic relationship
- Reasons teenagers may stay in one, from peer pressure and shame to the misguided belief that their abusers are going to change
- How to help your tween or teenager get out of an unhealthy or abusive relationship

The book is available on Amazon.

For more information, please visit <https://www.buildstrongfoundations.com/>

To purchase copies for bookstores or libraries or to schedule an interview or presentation with Dee Dee, please contact Building Strong Foundations, LLC at [info@bsftoday.com](mailto:info@bsftoday.com) or 512-814-6002.