

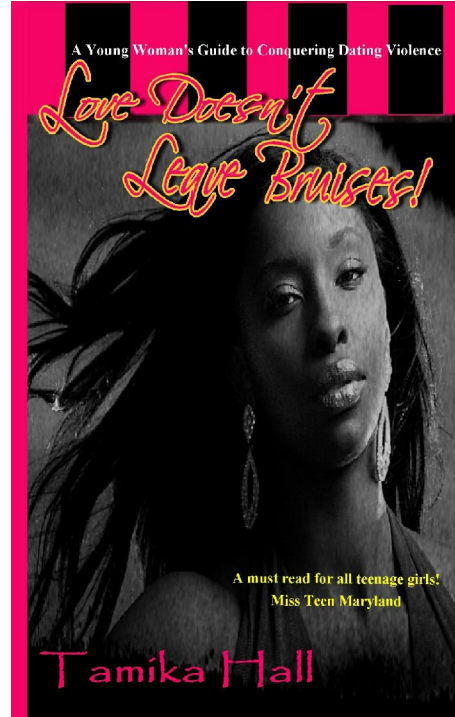
# Love Doesn't Leave Bruises!

## Could You Be in a Dangerous Relationship?

At fourteen years old Tamika found herself in a relationship that caused her to question her entire existence. A relationship where her pet name was "Dookie," and she was choked when she said "no" to having sex *Love Doesn't Leave Bruises!* is the first book of its kind as it details Tamika's battle with dating violence and low self-esteem through the fictional story of Evelyn. Evelyn is a senior in high school who seems to have it all together but secretly struggles with the desire to fit in and be loved. When she finally gets a chance to be with her school crush AJ, she learns that love is more than just a four letter word.

As the story progresses readers will be educated on the reality of dating violence with Thought-provoking questions, A Relationship Quiz, Safety Planning Guide, and Dating Bill of Rights.

Written specifically for teens, *Love Doesn't Leave Bruises!* is perfect for individual use, in group settings, classrooms, conferences workshops, and youth book clubs. Teens, parents, and other adults will be inspired and motivated to spread the message that "Love Doesn't Leave Bruises!"



**Author:** Tamika Hall  
**ISBN:** 9780981875347  
**Price:** \$12.99  
**Pages:** 152 (Paperback)  
**Publisher:** Leading Lady Publications  
[www.lovedoesntleavebruises.info](http://www.lovedoesntleavebruises.info)



**ABOUT THE AUTHOR:** Tamika Hall, Mrs. Maryland Essence 2009, travels extensively throughout the Country spreading her message that "Love Doesn't Leave Bruises!" Described by Sister Diva's Magazine as "Young, Powerful, and Determined," Tamika is a force to be reckoned with! Tamika was recently appointed by Liz Claiborne as the Maryland State Action Leader for the MADE Coalition. She hosts her own radio broadcast, "Tough Talk with Tamika." [www.toughtalkwithtamika.com](http://www.toughtalkwithtamika.com) and is the Executive Director of the Raise Your Expectations Fashion Events!

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## PRESS RELEASE

**80% of girls who are physically abused in their relationships continue to date their partner.**

***“Love Doesn’t Leave Bruises is a new book that addresses the reality of teen dating violence and teaches teens how to recognize healthy and unhealthy relationship!”***

Tamika Hall, author of *Love Doesn’t Leave Bruises*, knows about dating violence first hand. A victim at the age of 14, Tamika found herself in a relationship that was verbally, physically, and sexually abusive.

“I heard about grown women being abused,” says Hall, “But I never thought it was something that I would be a victim of.”

Statistics state that teens turn to their friends before going to an adult. “I went to my friends first, because they were going through the same type of relationships the best they could do was give me advice on how to be a better girlfriend.”

At the age of seventeen, Tamika started interning with a local domestic violence shelter and saw that what she’d been experiencing as a teen had a name...dating violence. Seeing the lack of educational literature for teens on the subject, she decided to write a book about it. Originally released as “He Loves Me Not, but I Love Myself!” in 2005, the book won four book awards including Best Non-Fiction Book of the Year.

Since the initial release, Tamika has spoken to thousands of teens, parents, and educators about dating violence through her program “*Love Doesn’t Leave Bruises!*” and decided to release the book under the same title as her program, *Love Doesn’t Leave Bruises!*

Noticing that teens enjoyed the original book, but separated their self from the truth, Tamika revamped the manuscript. “The book still gives the same factual information about dating violence in teen friendly language,” Tamika says with a smile, “But I decided to do something different and create a fictional character, Eve, and infuse my real-life experience with dating violence into her story so that teens will be able to see the progression of dating violence. Every two or three chapters you will read Eve’s story as she deals with a specific form of abuse such as verbal abuse, and then there is a shaded chapter that gives the factual information.”

Readers will learn about verbal, emotional, sexual and physical abuse. The book also includes sections for reflection, a dating bill of right, relationship quiz, and safety plan. Perfect for any teen, school setting, book club, or parent/child reading situation, *Love Doesn’t Leave Bruises* is touching lives across America.

### **About Tamika Hall**

Tamika Hall, Mrs. Maryland Essence 2009, travels extensively throughout the Country spreading her message that "Love Doesn't Leave Bruises!" Described by Sister Diva's Magazine as "Young, Powerful, and Determined," Tamika is a force to be reckoned with! Tamika was recently appointed by Liz Claiborne as the Maryland State Action Leader for the MADE Coalition. She hosts her own radio broadcast, "Tough Talk with Tamika." [www.toughtalkwithtamika.com](http://www.toughtalkwithtamika.com) and is the Executive Director of the Raise Your Expectations Fashion Events! For more information log onto: [www.lovedoesntleavebruises.info](http://www.lovedoesntleavebruises.info). To book Tamika for a speaking engagement please contact: Terrelle Hall, 443-480-7014, or via email: [therealloveproject@gmail.com](mailto:therealloveproject@gmail.com).

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# Love Doesn't Leave Bruises!

## Show Ideas, Hot Topics, & Sample Questions

Tamika has been recognized as an authority on the issue of healthy relationships and teen dating violence. If you are thinking about inviting her to your show or event feel free to use any of the ideas below!

### HOT TOPICS

-The Reality of Teen Dating Violence

-1 in 3 girls and 1 in 5 boys will be in a physically abusive relationship by the time they graduate from high school.

-80% of girls who are physically abused stayed with their partners

-80% of teens reported talking to their friends before talking to an adult.

-Parents feel confident they can spot the signs of abuse, but they are mistaken.

-Though dating violence is a major issue, parents and teens are NOT talking about it.

### SHOW IDEAS

-Love Doesn't Leave Bruises- Teaching Teens about Dating Violence

-Could Your Daughter Be in A Dangerous Relationship?

-Behind the Smile: One Woman's Story of Conquering Dating Violence

-Beauty Queen Talks to Teens about the Pain Behind the Smile.

### SAMPLE QUESTIONS

#### TAMIKA'S PERSONAL STORY

-What inspired you to write, "Love Doesn't Leave Bruises?"

-You were a victim of dating violence; tell us about your experience?

-Why did you decide to speak out about dating violence?

-You are the State Action Leader for Liz Claiborne's MADE Coalition. What is the MADE Coalition?

-You are the Executive Director of the RAISE Your Expectations Program. What is RAISE?

#### ABOUT DATING VIOLENCE

-Teen Dating Violence...is this really an issue?

-What is the incidence of Teen Dating Violence?

-All we hear about are female victims of dating violence, is it possible for a male to be abused?

-How young are the victims of dating violence?

-Is there really a cycle of violence?

#### PARENTS AND TEENS

-Should parents make it a point to talk to their teen about dating violence? Why or why not?

-Teens say parents have no idea what is going on in their lives...are parents really out of touch with the reality of dating violence?

-Why don't parents like to talk about dating violence?

-How can parents begin the conversation with their children about healthy relationships?

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## BOOK REVIEWS

**"Love Doesn't Leave Bruises is a powerful preventative education tool that the Dating Violence Prevention Center utilizes within our Crisis Intervention and Peer Education Programs" Shalanda Moten-Founder & President of the Dating Violence Prevention Center**

"Love Doesn't Leave Bruises" is a powerful, realistic look at teen dating violence. Tamika brings an honest portrayal to this issue through the main character "Eve". This book should be required reading for every high school student, as well as their parents. **Stephanie A Piston - MADE State Action Leader - New York**

A much needed, realistic look at dating violence, through the eyes of teens...a good resource for teens and educators who teach about dating violence. **-Ann Burke, Founder MADE Coalition**

**Love Doesn't Leave Bruises** is exactly what every male & female teenager needs to read. In just one chapter, Tamika shows how subtle remarks and bullying leads to all out physical abuse; but more importantly, what happens afterwards. It paints a clear picture of how the cycle begins and is perpetuated. Really, it was so easy to read. The reflection section forces readers to evaluate their own interpretation of dating violence. As a tenured law enforcement detective, business owner, public speaker and advocate focused on prevent Dating Violence, I can appreciate the importance of reaching younger audience quickly and realistically and this book does just that. **--President & Founder Caprice Smith, SharperMinds Consultants [www.sharperminds1.com](http://www.sharperminds1.com)**

"A **candidly honest** and insightful eye opener into the world of dating violence, this book is a **must-read for all teenage girls!**" **---Heather Molnar, Miss Teen Maryland 2001**

**"The introduction alone says read this book!** This is definitely a tool I want to share with my clients as well as my sixteen year old daughter!" **--Viola Farrow, Family Violence Client Advocate, Parent**

**Voted Best Non Fiction 2005**, March 8, 2006-**[Mahogany Book Club "Mahogany Media Review"](#)**  
Teen dating violence is very real and rising. This is a wonderful guide to help teens understand just what abuse is and what you should do about it. It explains a healthy relationship and abusive relationships. The book is full of useful guides and charts to document abuse. If you have ever been abused you know just how critical documentation is. Parents of teens should also read this book. A very smart and useful tool for a teen today.

Through this book, **Tamika opens the window of her soul** and enables teenage girls to identify "Real Love"!

"Most children do not know about the different forms of abuse. This is a **must read for our youth** and some adults who may be facing relationship abuse." **--Carolyn Mosely, Mother & Founder of the Otrella Luwane Mosely Foundation <http://www.otrallafoundation.org/>**

I have witnessed Tamika verbally advocate for victims of teen dating violence, but her words provide even more guidance! **The incredible knowledge that she has based on extensive research and prior experience helps to capture all of the feelings, emotions and questions that a reader may have. Through reading Love Doesn't Leave Bruises, your self-esteem will be raised, your knowledge of the issue increased and your preparedness to move forward in victory will be closer!--Laquisha Hall, Mrs. Maryland Galaxy 2009.**

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