

CONSIDER

CONTACT

1 in 3 teens

experience dating violence



If you think you may be in an abusive relationship, there are many ways to get help! Just know the abuse is NOT your fault. No one deserves to be abused.

HERE ARE A FEW WAYS TO GET HELP:

TRUST

Talk to people you can trust. It can be friends, family members, teachers, or anyone else with whom you feel comfortable talking about your relationship.

SAFETY

Put together a safety plan. Decide how to stay safe at home, school, work, and online. Let someone you trust know your plan.

HELP

Call someone for help. If it is an emergency, please call 911. If you would like to talk with someone about your relationship, call a hotline. Your call will be kept confidential. You may remain anonymous if you choose.

A Better Way Services, Inc.

CALL

765-747-9107

SUICIDE HOTLINE

1-800-273-TALK

24-HOUR CRISIS LINE

765-288-HELP

OTHER RESOURCES

Indiana Coalition
Against Domestic Violence

24-Hour Hotline: 800-332-7385

Indiana Coalition
to End Sexual Assault

Website: indianacesa.org

Rape Abuse &
Incest National Network

24-Hour Hotline: 800-656-HOPE



Learn more at abetterwaymuncie.org



a better way

TEEN DATING VIOLENCE PREVENTION



A Better Way is here to help end the cycle of violence.

DEFINED

What is Dating VIOLENCE?

Dating violence is a pattern of violent behavior someone uses to gain **power and control** over another person. There are many different types of abuse and it can happen to anyone, regardless of age, religion, sexual orientation, gender, education, or economic status.

THE CYCLE OF VIOLENCE



TYPES OF ABUSE

Physical - Emotional - Verbal - Sexual - Digital

SIGNS

Is your relationship ABUSIVE?

THE WARNING SIGNS

There are many red flags of potential abusive behaviors. Abusers may use a variety of tactics in order to control their victims.

Does the person...

- call you names or put you down?
- get extremely jealous when you talk to your friends or family?
- frequently check up on you or demand to know where you have been or what you are doing?
- hit, push, or hurt you in a physical way?
- pressure you into having sex when you don't want to?
- lose control of temper, then blame you?
- accuse you of lying?
- ignore your thoughts and opinions, and make decisions for you?

SCORE _____

If you answered yes to one or more of these questions this may be in an abusive relationship.

SUPPORT

How can you help A FRIEND?

Do you know someone who might be in an abusive relationship? Here are some helpful tips if you are concerned about their safety:

- 1.** Be a good friend and offer support. Let your friend know you are there for them. Listen and encourage them to make decisions that will keep them safe.
- 2.** Explore options and create a safety plan. Let them take control. Dating violence is about power and control. Allowing them to make their own decisions will help give them back the power over their own lives.
- 3.** Provide them resources. When you talk to your friends have information and important phone numbers available. Start with your local organizations, as well as the ICADV hotline (1-800-332-7385).

Download a tech safety app...



The Tech Safety App details how particular technology could be misused and what can be done about it. It also offers tips on privacy issues.