

# ABOUT US

## PRIMARY PREVENTION

A Better Way provides Community Awareness Presentations to philanthropic groups, church groups, schools, and other service providers upon request. We cover topics including domestic violence, body safety, teen dating violence, sexual assault, suicide, and bullying.

## DOMESTIC VIOLENCE 101

We provide 45-minute or 1-hour long sessions with a focus on types of abuse, red flags of a potential abuser, the cycle of violence, characteristics of a healthy relationship, and community advocacy, counseling, and legal resources.

## BODY SAFETY

We provide pre-school age to 3rd grade students 30-45 minute sessions on body safety. When we talk to children in age appropriate ways about our bodies and boundaries, children understand what healthy relationships look like. It also teaches them that they have the right to say "no."

## BULLYING

We provide 5th and 6th grade students 45-minute sessions on how to respond to bullying, best practices for self-care, The Golden Rule, types of bullying, and development of assertiveness skills. Sessions may include role-play exercises or other interactive activities to practice these skills.

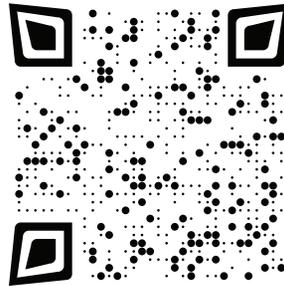
## HEALTHY RELATIONSHIPS

A Better Way provides 7th grade students 45-minute sessions on healthy relationships, and 8th grade students 45-minute sessions on dating relationships. Topics covered include positive relationships and how to build healthy connections, setting boundaries, consent, social media privacy, and warning signs of unhealthy relationships.

# CONTACT

A Better Way Services, Inc.

*Set up a presentation today!*



SCAN ME

- ☎ Muncie: 765.747.9107
- ☎ Richmond: 765.966.0538
- ☎ Crisis Support: 765.288.4357
- ☎ 988 Suicide & Crisis Lifeline
- @ abetterwaymuncie.org



Supported By:



Indiana Coalition to  
End Sexual Assault  
& Human Trafficking  
Engage. Educate. Empower.

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a better way

# VIOLENCE PREVENTION

INFORMATION | ADVOCACY | PREVENTION



## OUR MISSION

To reduce domestic abuse, sexual assault, suicide and homelessness through service, shelter, crisis intervention and prevention initiatives.

# 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.

## What is RAPE?

The state of Indiana legally defines rape as follows:

*Knowingly or intentionally having sexual intercourse with another person or knowingly and intentionally causing another person to perform or submit to other sexual conduct when...*

- ✓ The other person is compelled by force or imminent threat of force;
- ✓ The other person is unaware that the sexual intercourse or other sexual conduct is occurring; or
- ✓ The other person is so mentally disabled or deficient that consent to sexual intercourse or other sexual conduct cannot be given (IC-35-42-4-1)

## What is sexual COERCION?

Sexual coercion is the act of persuading or coercing a minor (under the age of 18) into engaging in an unwanted sexual activity through physical force, threat of physical force, or emotional manipulation.

*The definition also includes "the act of using pressure, alcohol or drugs, to have sexual contact with someone against his or her will and using persistent attempts to have sexual contact with someone who has already refused."*

# 1 in 3 teens experience dating violence



## 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.

## Did You Know?

### Any type of sexual harassment is WRONG!

Sexual harassment may constitute unwanted sexual advances, requests for sexual favors, unwanted touching or physical contact, discussing sexual relations/stories/fantasies at work, crude or obscene remarks, sending unwanted sexually explicit photos, emails or text messages, as well as other conduct of a sexual nature.

### Consent is NOT coerced, assumed, silent or implied.

Consent is a verbal, sober permission given, which is also both conscious and willingly agreed upon. Consent is continuous and active. It can be retracted at any time. The absence of NO does not mean YES!

### You can help reduce violence!

Speak up! Become an active bystander. When you hear your friends making sexual jokes about or harassing others, step in and let them know THIS BEHAVIOR IS NOT OKAY!

By stepping in you are helping change the way people think about their roles in preventing sexual violence. An easy way to help if you suspect someone needs assistance is to C.A.R.E.

## 4 STEPS TO PROTECT YOUR FRIENDS

- C**reate a distraction
- A**sk directly
- R**efuse to be an authority
- E**nlist others for support

## SAFE DATING TIPS

When going on a date, keep your friends and family aware of who, when, and where your date is taking place. Use your own transportation. Meet in a safe, public place. Limit the amount of alcohol consumed during the date. Do not leave your drink unattended.