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.

OTHER RESOURCES
ICADV
Indiana Coalition Against Domestic Violence
24-Hour Hotline: 1-800-332-7385
NCADV
National Coalition Against Domestic Violence
Website: ncadv.org

A Better Way Services, Inc.
Available 24/7
Muncie: 765.747.9107
Richmond: 765.966.0538
Crisis Support: 765.288.4357
988 Suicide & Crisis Lifeline
abetterwaymuncie.org


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

Tension Building

Acute Explosion

Honeymoon

 ACTION

 Justifies Behavior
 Threatens Suicide
 Buys Gifts
 Declares Love
 Makes Promises
 Enlists Family Support
 Apologizes
 Cries
 Slaps
 Forces Sexual Acts
 Verbalizes
 Chokes

 ACTION

 Threats
 Yells
 Withholds Affection
 Behaves Erratically
 Nitpicks
 Destroys Property
 Accuses Unfaithfulness
 Engages Arguments
 Isolates

 ACTION

 Puts-down
 Withholds Affection
 Behaves Erratically
 Nitpicks
 Destroys Property
 Accuses Unfaithfulness
 Engages Arguments
 Isolates

 ACTION

 APPOINTS

 Staffs

 Treats

 PROTECT

 ACTION

 Acquires

 Rights

 LOVES

 ACTIONS


 TYPES OF ABUSE

 Physical - Emotional - Verbal - Sexual - digital

 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.

 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).