Consider This!
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.

Contact
Available 24/7

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

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

Our Supporters

Heart of Indiana
United Way
ICADV
INDIANA CRIMINAL JUSTICE INSTITUTE
End Sexual Assault
Human Trafficking
ICESAHT
Emotional Health Violence Prevention
TEEN DATING VIOLENCE PREVENTION

Support KINDNESS Understanding
LOVE TRUST Communication RESPECT Safety

Scan Me
WHAT IS DATING VIOLENCE?
Dating violence is a pattern of behaviors in a romantic relationship where one partner seeks to dominate, control, or inflict harm. This can include various forms of abuse such as verbal, emotional, physical, sexual, or financial control. It is characterized by power imbalances, a lack of consent, and actions that cause harm or distress.

WHAT ARE RED FLAGS?
Relationship red flags in domestic violence are warning signs or behaviors that indicate the presence or potential escalation of abusive and controlling dynamics within a relationship.

- ___ 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 you may be in an abusive relationship.

NO ONE DESERVES TO BE ABUSED!

THE CYCLE OF VIOLENCE

THE SIGNS

SUPPORT OTHERS

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).

CALL US, WE’RE HERE TO HELP!
765-288-HELP