

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

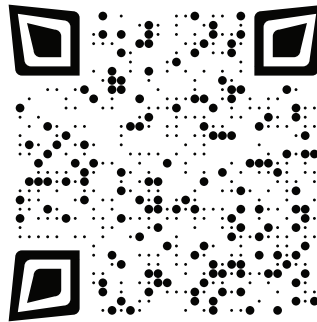
Put together a safety plan. Decide how to stay safe at home, school, work, and online. Let someone you trust know your plan.

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



SCAN ME

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



a better way

TEEN DATING VIOLENCE PREVENTION



Our Supporters



Our Mission

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



The Cycle



The Signs

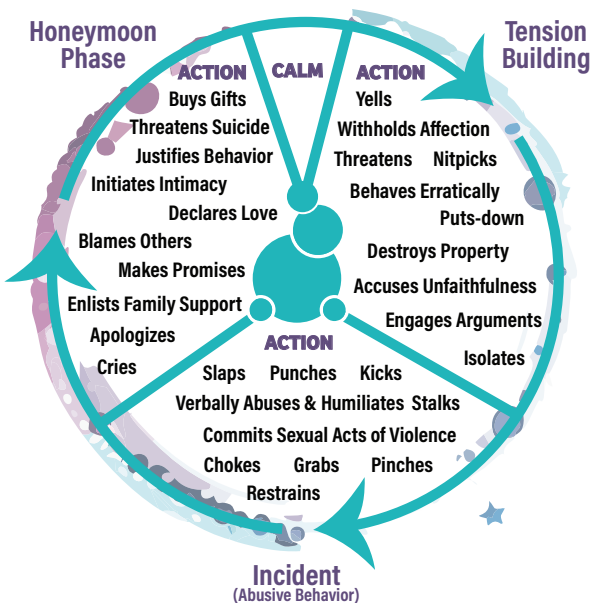


Support Others

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.

THE CYCLE OF VIOLENCE



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!

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

