



# Prevent Child Abuse

Indiana™  
A Division of The Villages

A Chartered State Chapter of Prevent Child Abuse America



# HEALTHY DATING

## KNOW YOUR RIGHTS

*You ALWAYS have the right to:*

- 1 Be treated with respect
- 2 Not be abused
- 3 Say NO and be heard
- 4 Have private time and space
- 5 Have your own friends
- 6 Spend time on things you enjoy
- 7 Ask for help
- 8 Leave without threats



## ABOUT US

Prevent Child Abuse Indiana is dedicated to preventing child abuse and neglect. In doing so, we make Indiana a safer, better place for our children.

*Together, prevention is possible.*

[www.pcain.org](http://www.pcain.org)

## KNOW THE SIGNS

It is important to recognize the signs that you may be in an unhealthy relationship.

### RED FLAGS :

- Controls what you say or do
- Hates when you hang with friends
- Constantly checks your location
- Bombards you with calls/texts
- Shows up uninvited
- Makes you feel scared or anxious
- Demands all your time
- Insults or puts you down
- Ignores your feelings or opinion
- Ignores when you say "No"
- Blames you for everything
- Threatens you
- Overreacts to small things
- Uses drugs or drinks a lot
- Pressures you to break the law or have sex
- Physically hurts you

### LEARN MORE :

Scan the QR to access the full flyer and learn more.

