



# HEALTHY DATING

## KNOW YOUR RIGHTS

*You ALWAYS have the right to:*

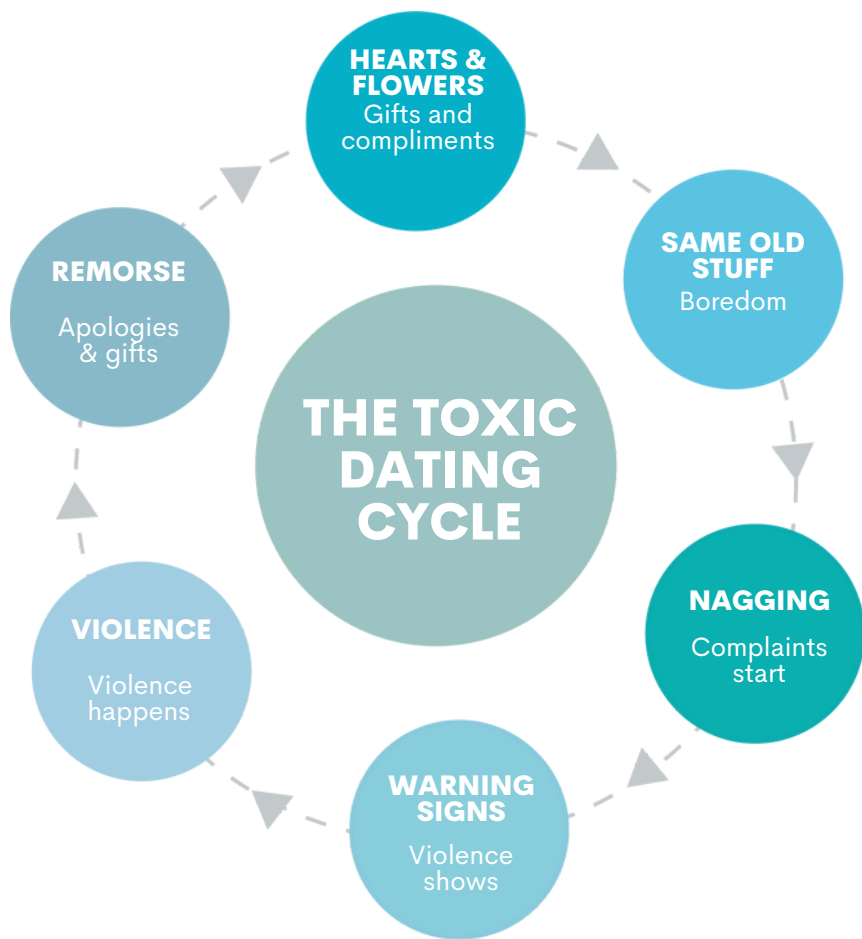
- 1 Be treated with respect
- 2 Not be abused
- 3 Say NO and be heard
- 4 Have private time and space
- 5 Have your own friends
- 6 Spend time on things you enjoy
- 7 Ask for help
- 8 Leave without threats

## 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



## HELPING A FRIEND

- Listen and believe them
- Encourage them to tell an adult
- Support them in leaving
- Help them see the abuse
- Remind them they deserve better
- Inform an adult if needed



## DATING VIOLENCE FACTS

- 1 1 in 12 teens experience dating violence
- 2 Higher risk for LGBTQ and female teens
- 3 Abuse gets worse over time
- 4 Verbal and emotional abuse hurts too
- 5 Most rapists know their victims
- 6 Harassment includes unwanted calls and texts

**STAY SAFE, KNOW YOUR WORTH, AND NEVER HESITATE TO REACH OUT FOR HELP!**



## NEED HELP?

**Domestic Violence Network:** [dvnconnect.org](https://dvnconnect.org)  
**Indiana Coalition Against Domestic Violence:**  
800-538-3393, [icadvinc.org](https://icadvinc.org)  
**CDC Dating Violence Stats:**  
[cdc.gov/violenceprevention/intimatepartnerviolence/teendatingviolence/fastfact.html](https://cdc.gov/violenceprevention/intimatepartnerviolence/teendatingviolence/fastfact.html)  
**Indiana Resource Center:** Call 211



## MORE 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.*



### INFO AND RESOURCES

For more prevention and parenting information, and resources, visit our website or call **1.800.CHILDREN** (1.800.244.5373)



### REPORT CHILD ABUSE

To report child abuse and neglect, please call **1.800.800.5556**



### SUPPORT OUR EFFORTS

Help support our statewide efforts to prevent child abuse and neglect by purchasing a Kids First License Plate. Visit your local BMV or [www.in.gov/dcs/2456.htm](https://www.in.gov/dcs/2456.htm) for more info.