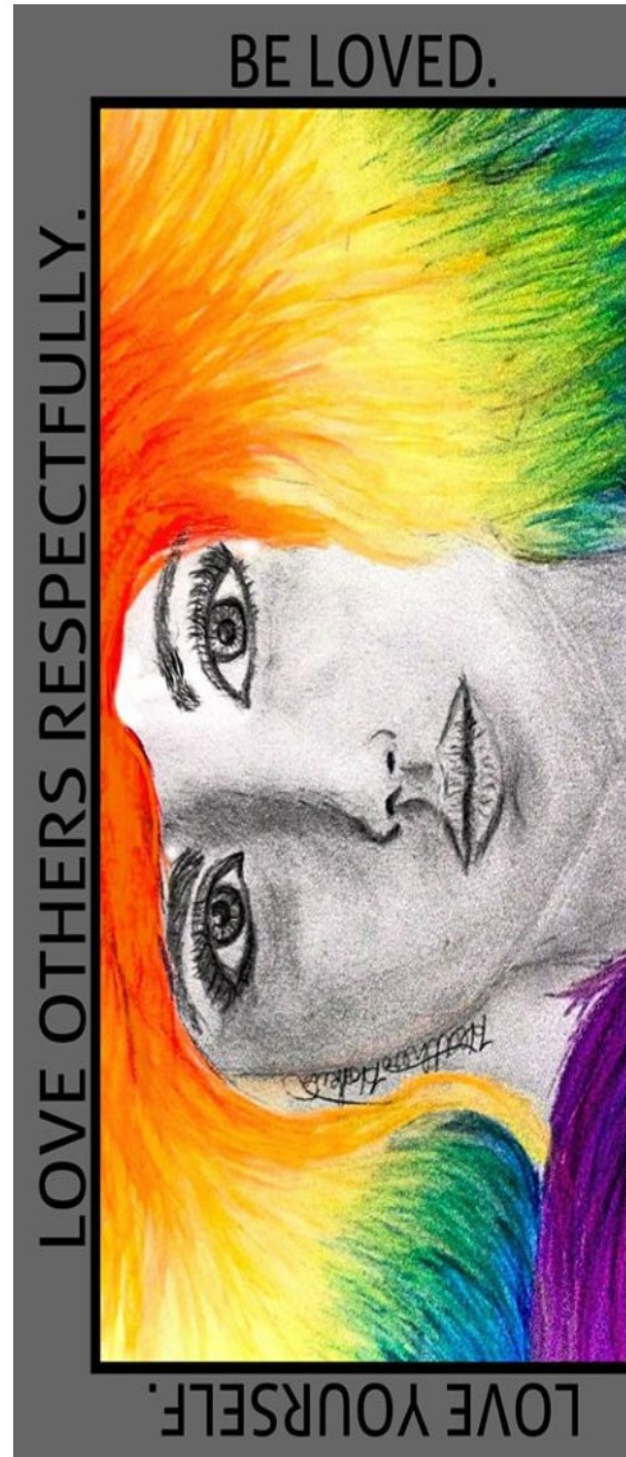


RED FLAGS...

- ⇒ He/She belittles you privately or publicly; you disagree often, and do not bring out the best in each other. This is not necessarily abuse, but a big sign that you are not meant to be in a relationship together.
- ⇒ He/She talks badly about your family or close friends. (Attempts to isolate you from those who love you.)
- ⇒ He/She lies to you or about you.
- ⇒ He/She wants to make all decisions and seldom compromises.
- ⇒ He/She loves you one minute and hates you the next...and it's always your fault.
- ⇒ He/She tries to dazzle you with material things, but withholds healthy relationship fundamentals such as support, respect, consideration, compassion, kindness, and honesty.
- ⇒ He/She exhibits controlling/possessive behaviors online and/or in person. (EX. demanding your social media passwords, excessive texting, controlling who you can and can't socialize with, physically aggressive when angry.)
- ⇒ He/She does not respect your personal space; when you say stop, he/she ignores it or debates about it to wear you down.
- ⇒ Everybody else thinks he/she is just the greatest and can do no wrong; you feel like you must be "crazy" if your gut tells you otherwise.
- ⇒ Your family and friends do NOT like him/her. If they love you and dislike him/her, you must ask yourself....or ask them....why?



The Caring Place CENTER FOR CHANGE

THE AMANDA FORUM: YOUTH DATING VIOLENCE PREVENTION



24-Hour Crisis Line: (18 and older)
219-464-2128

Youth Dial 911 for all Emergencies

Non-emergency resources:

Loveisrespect.org

Call: 1-866-331-9474

Text: LOVEIS to 22522

To contact The Amanda Forum:

bessien@thecaringplacenwi.org

219-464-0840 ex. 100

Facebook.com/TheAmandaForum

Instagram: @DareToDateSafe

<http://www.thecaringplacenwi.org>

THE AMANDA FORUM

EDUCATE YOURSELF AND GET INVOLVED!

WHO WE ARE...



The Amanda Forum was formed in the summer of 2013 in response to the death of a local teen, Amanda Bach, who lost her life to teen dating violence. A component of The Caring Place, the Amanda Forum began with an adult task force of local

professionals and developed a task force of high school and college students from across Northwest Indiana. Our mission is to raise awareness of youth dating violence in Northwest Indiana and beyond through discussion, education, and mentoring with a focus on developing the protective factors of healthy relationships, pro-social skills, and resilience. Both males and females are affected by dating violence and break-up violence; in fact, current studies suggest 1 in 3 of our young people are affected in some way by dating violence. We seek to help both young men and women learn healthy ways to deal with dating relationships and the stress of breaking up.

Produced by Amanda Forum Youth Task Force members and Coordinators.



DID YOU KNOW?

1 in 3 teens will be affected by dating violence in some way.

70% of college students admit to having been sexually coerced.

Only 33% of teens being abused in dating relationships tell someone.

Teaching youth about healthy relationships & how to avoid dating violence can reduce the violence by 60%.

WHAT CAN YOU DO?

- ⇒ **Take your time in relationships.** The best relationships are those that have friendship as a base.
- ⇒ **LISTEN TO YOUR GUT!** If something feels “wrong”, it probably is. Watch for **red flags**. Get out early.
- ⇒ **Remember that break-ups are normal;** it’s how you learn who you are and what you need.
- ⇒ **If you are going to visit an ex, do so in a public place and tell someone about the meeting.**
- ⇒ **Don’t let friends visit an ex alone.**
- ⇒ **Learn and understand** the components of a healthy relationship such as consent and boundaries.
- ⇒ **Help create awareness** by following us on Facebook or join our task force!

