



ARE YOU IN AN UNHEALTHY RELATIONSHIP?

YOU MAY BE IF YOUR BOYFRIEND/
GIRLFRIEND DOES ANY OF THESE THINGS:

- has mood swings, getting very angry with you one minute, but sweet and apologetic the next.
- says "I love you" too quickly in the relationship.
- pressures you to do things you don't want to do.
- asks for your passwords and checks your phone or social media.
- makes fun of the way you look or your intelligence.
- gets jealous and makes you feel guilty when you hang out with your friends.
- physically hurts you.

**NOBODY
DESERVES TO
BE ABUSED!**

Call Sheltering Wings at
317-745-1496
for help and advice.

DOES YOUR DATING RELATIONSHIP FEEL WRONG?

IF YOU FEEL UNCOMFORTABLE,
TENSE, OR FRIGHTENED, TRUST
YOUR GUT AND GET OUT OF IT.

TO PROTECT YOURSELF:

- Talk to someone you trust.
- Avoid being alone with your boyfriend/girlfriend.
- Always carry a cell phone.
- Save threatening or harassing texts and social media messages.

IF YOU FEEL AFRAID, THERE'S
PROBABLY A GOOD REASON.

Get free help and advice from:

Sheltering Wings [317.745.1496](tel:317.745.1496)

Indiana Coalition Against Domestic
Violence Hotline [800.332.7385](tel:800.332.7385)

National Teen Dating
Violence Hotline [866.331.9474](tel:866.331.9474)

Text "loveis" to [22522](tel:22522) to chat with
someone who can help



Duke Energy supports Teen Dating Violence awareness

