



## A little note from Jenny...

With Valentine's Day behind us, I'd like to mention that EVERYONE deserves to have safe and healthy relationships. Remember, true love has many definitions, but abuse is definitely NOT one of them.

Love is not some misty feeling like you are floating on Cloud 9. **Love is not a feeling - it's a behavior. Love is an action word.** Love is not the way you think a relationship should "feel." Rather, it is positive behavior backed by positive actions to achieve a mutually respectful and healthy relationship. Remember, actions speak louder than words. Are the actions you receive from others projecting a positive behavior? Allow nothing less than respect and never settle for second best!

Thank you for who you are and all that you do, and thank you for "Making A Statement!"

Jenny Moeller  
Founder/Executive Director

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## February is Teen Dating Violence Awareness Month!

*One in three* teens will experience physical, sexual or emotional abuse by someone they are in a relationship with before they become adults.

If you or someone you know are questioning whether or not you are in a healthy relationship,

consider the following warning signs:

## 10 Warning Signs of an Abusive Relationship

Does your dating partner?...

1. Get extremely jealous or possessive?
2. Call you names, put you down, or embarrass you in front of others?
3. Keep you from seeing your friends or family, or doing activities you enjoy?
4. Make you feel uneasy or nervous, like you are walking on eggshells?
5. Have extreme mood swings...full of anger one minute, and sweet or apologetic the next?
6. Accuse you of cheating or flirting with other people?
7. Threaten to hurt themselves or threatens suicide if you break-up?
8. Destroys personal property, including yours or your friends/family?
9. Hit, slap, or push you around or use any physical force to harm or control you?
10. Pressure you for physical intimacy or make you feel guilty for saying NO?



Create Your Statement has created a relationship quiz to help teens determine if they are in a healthy relationship or not. [Download the quiz here.](#)

Friday, May 12th @ 7:00 pm, Spokane Arena

**Spokane Empire  
vs.  
Arizona Rattlers**

We're thrilled to partner with Empire Football this spring! Please join us for a fun night out as we cheer on the Spokane Empire while tackling dating abuse.

Statement is honored to be the sponsored nonprofit of the night. A portion of the proceeds helps prevent teen dating abuse in our community!

**Cost: \$30**

\*\*Includes lower level ticket and t-shirt\*\*

**CALL OR EMAIL  
US FOR TICKETS  
TODAY!**

*Deadline is April 20, 2017*

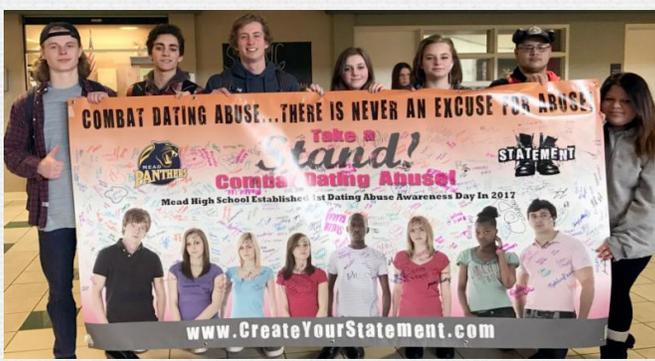
### What's NEW with Statement this year?

## We reached over 1,600 youth at Mead High School.

On February 7, 2016, Create Your Statement led an all-school assembly on preventing dating abuse and violence. **More than 1,600 youth were in attendance.** We are proud of Mead High School to be the first school in Spokane to recognize "Teen Dating Abuse Awareness." Special thanks to Ed Hoffman, Ophelia Araujo, Teresa Lahr, Steve Kiesel, Karen Brathovde, and the Mead drama students for their support.

**"GO PANTHERS! WAY TO MAKE A STATEMENT!"**

Statement continues to further develop our relationship with Spokane Public Schools and we are excited for what the upcoming year may bring!



[Read more on our blog...](#)

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## We welcomed a new REDFLAG trainer.

We are excited to introduce Terra Nicholson who has been involved with co-leading young moms from two pregnancy crisis centers, Grace Son, and Life Services.

Terra is currently instructing her own REDFLAG class of over 20 young ladies from Northwood and Glover middle schools. She is a valued facilitator for our Spokane programming and we are honored to have her as part of our team!

*"I am so excited to be a youth mentor with Create Your Statement! Having been a victim of domestic violence in the past, I am passionate about teaching these beautiful girls the REDFLAG program to help them learn how to identify unhealthy relationships and how to follow their dreams and become the young women God created them to be!"*

- Terra Nicholson



REDFLAG Workshop at Round Table Pizza

[Read more on our blog...](#)

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## We hired our first Executive Director and appointed a new Board Member.

Jenny Moeller (Founder and former Board President) will be fulfilling a new, exciting role for Create Your Statement as its first-ever Executive Director! It is our pleasure to announce that long-time Board Member Heidi Lauritzen has been voted in as Board President and we know she will do a fantastic job in that role.



Jenny Moeller, Founder/Executive Director



Heidi Lauritzen, Board President

We also would like to introduce our newest Board Member, KariLynn Cunningham, who has been a dedicated volunteer for Statement over the years. We are so happy to see her transition into this role!

*"I am so proud to be a part of Create Your Statement to help our youth know that love shouldn't hurt. I am dedicated to helping them find their own value and worth."*

- KariLynn Cunningham, Board Member



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## Save the Date! "Make a Statement" on Sept. 9th!

Kick up your heels and "Make a Statement!" Join us at Trezzi Farms on Green Bluff for our 2017 "Make a Statement" event.

**WHEN:** Saturday, September 9th, 2017, 4-9 pm

**WHERE:** Trezzi Farms, 17700 N Dunn Rd, Colbert, WA 99005

The proceeds from this event will benefit Create Your Statement's programs to prevent dating abuse and increase leadership skills among today's youth.



Email [info@createyourstatement.com](mailto:info@createyourstatement.com) to learn more.

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## How can you get involved?

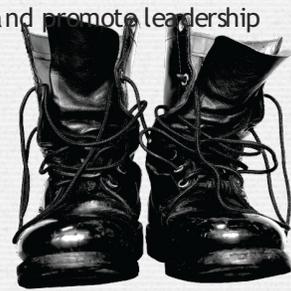
February is Teen Dating Violence Awareness Month. Create Your Statement wants you to know that there's a lot you can do to prevent teen dating violence and abuse.

**VOLUNTEER:** Help with fundraising events and programming efforts such as marketing and outreach, class and event coordination, and administrative support.

**BECOME A TRAINER:** Educate young people about dating violence and promote leadership and character development.

**SPREAD THE WORD:** Get a group going! Do you know a group of students who would like to attend our seven-week program?

**DONATE:** Give a one-time gift to support Statement's programs OR give a monthly gift of \$35 to sponsor a student to attend our classes.



[DONATE TODAY](#)

Would you like to get involved? [Contact us!](#)

[Forward this email](#)

STAY CONNECTED

