



Quarterly Combat

Combat Dating Abuse

STATEMENT

Make ONE

VOLUME 1

FALL EDITION 2013



LOOK WHO IS MAKING A STATEMENT...

STATEMENT offers two programs that empower youth to recognize their value and potential. These seven-week educational courses are taught in a comfortable and fun environment amongst peers.

REDFLAG & CONTROL will educate our youth to identify and prevent unhealthy relationships. These courses develop leaders within our community. These leaders will bring about change in the lives of others while accepting nothing less than healthy relationships within their own lives.

R RESPECT - Respect yourself!

E EXPECT DISRESPECT - Disrespect will happen in your life.

D DECIDE - What you are going to do when you receive disrespect?

F FUTURE - What will your future look like if you accept the disrespect?

L LEAD - Lead, don't be led!

A AUTHENTIC - In a world where you can be anything.... Be YOURSELF!

G GIFT - Your life is a gift, your time is a gift, Who are you giving your gifts to?

C CONTROL - Who is in control of your life?

O OVERCOME - Overcome your circumstances.

N NEVER - There is never an excuse for abuse!

T TIME - It's time to stand up!

R RESPECT - Respect yourself!

O OUTLINE - Outline your life.... the choices you make today effect your tomorrow.

L LEAD - Lead, don't be led!



"My name is Rashae, and this is my story..."

I am 16 years old and I was a victim of dating abuse. I was in a relationship with a boy for over a year. In the

beginning things were great, but after a few months he slowly began to change. He would put me down and try and make me feel like I wasn't good enough. He would make it seem like I would never find anyone else because of things He thought I was doing wrong. I knew I was not perfect, but he would just say things to purposely hurt me. Often times, he would make me feel guilty for not being ready to have sex or wanting to. If I said no to him, he would be verbally abusive, cancel our plans, and leave just because he didn't get his way.

One day at school, I was upset with the way he was treating me so I wasn't talking to him. He kept trying to get my attention and actually began to fondle me right in class. I continued to tell him to leave me alone and stop but he would not. I pushed him away several times and finally he got so mad that he just punched me directly in the face.

When he would hit me, I didn't think it was that big of a deal. I just thought it was normal boyfriend/girlfriend fighting. If I would have had a program like REDFLAG, I would have been able to see the warning signs in my relationship and get out. I began to realize that I couldn't fix him but needed to only work on myself.

I would encourage girls to go through the REDFLAG program and learn the signs of dating abuse so they don't go through what I did. I know now that I am a leader right where I am at and that I am priceless!"



"My name is Tyler and this is my story..."

I have experienced a very controlling relationship with a girl I was dating. She was extremely jealous and didn't like it when I would

talk with any other girls. I have a lot of friends who happen to be girls so that made it tough for me. She would constantly say that I was not treating her right just because I was talking with my friends.

During school when we would have breaks, she would always seek me out. I constantly felt like I was walking on eggshells. She never wanted me to talk to or do things with my other friends. Instead, she just wanted to have me all to

herself. She never thought I was focused enough on her. I noticed that my life started to become just about her. I started to lose focus on my own goals and the things I enjoyed just to avoid an argument.

I think it's sad that many people view dating abuse as guys being abusive to girls when that's not always the case. There are a lot of girls out there that are very controlling and jealous and that is abuse in a different kind of way.

I think a program like CONTROL would be helpful for guys like me to recognize that we can also get caught up in abusive relationships too. I have also seen some of my friends objectify girls and it's just not fair. CONTROL will help me and my friends avoid abusive relationships. Guys need to hold each other accountable for their behavior and recognize how important respect is in every relationship."



Quarterly Combat

Combat Dating Abuse

STATEMENT

Make ONE

VOLUME 1

FALL EDITION 2013

STATEMENT IN YOUR COMMUNITY...

Statement is specifically meeting a unique need in Washington State by focusing on the prevention of dating abuse as opposed to domestic violence victim recovery. It is cost effective to support preventative programs such as REDFLAG and CONTROL versus our community spending vast amounts of money on recovery programs and other issues directly related to domestic violence. What is considered "normal" dating behavior in today's society is often extremely destructive. Many youth have become desensitized to what a healthy relationship should look like versus the unhealthy relationships they are often exposed to. With the constant invasion of social media on the rise as a mainstream

way of communication, boundaries can often become blurred as to what is acceptable behavior.

In addition, Statement is unique in that our curriculum not only encompasses prevention of dating abuse and leadership building, but we also encourage participants to give back through volunteering. Statement builds direct relationships with local organizations allowing REDFLAG and CONTROL participants to actively make a difference by giving back to their community. Studies show that volunteering builds positive self-esteem and a strong base for impactful leadership.

COMMUNITY CORNER...

Stella & Dot are hosting an early Christmas shopping experience at Twigs North on Tuesday October 29, 2013 from 6:00-8:30 PM. 20% OF ALL SALES GO DIRECTLY TO STATEMENT!!! Stella & Dot offers jewelry, handbags, scarves and more! Tell your friends and join us for a fun night while making a difference to end dating abuse.

UPCOMING CLASSES:

- November: Life Services/I Hope Retreat

- Nov. 4th - Dec. 16th Service Station Monday Nights 6:30pm - 8:00pm Middle & High School Girls; **Call To Enroll**

- Jan. 16th - Feb 27th: Service Station Thursday Nights 6:30pm - 8:00pm Middle & High School Girls; **Call To Enroll**

- Jan./Feb.: The Boys and Girls Club

Check our website for class schedule

Romans 12:2

SPECIAL ACKNOWLEDGMENT TO OUR SUPPORTERS

A special thanks to our Statement sponsors, supporters and volunteers. Because of you, Statement was able to reach **268** youth our first year to date.

Please help us continue our mission to combat dating abuse by becoming a monthly sponsor. Your contribution of \$35.00 per month will allow one student to participate in the REDFLAG or CONTROL program.

BOARD OF DIRECTORS: Jenny Moeller, Jeanne Selden, Kyle Jordan, Jennifer Morasch, Brad Moeller, Mike Gonzales, Sadie Prosser, Ophelia Araujo, Michelle Despain, Rebecca Templeton, Steve Anderson, Jason Wolther, Klaire Powers

