



# Quarterly Combat

Combat Dating Abuse  
**STATEMENT**  
Make ONE

VOLUME 3

SPRING EDITION 2014



## 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.



For one short month, I took a class that changed my life. It taught me that I can change the world, I deserve to be treated with respect, that I shouldn't change for anyone, and most of all, that I am PRICELESS. My world was flipped upside down just before my freshman year of high-school, and I really cannot thank the REDFLAG program enough for making me feel like the strong girl I forgot I was at the time. All too often, we forget how blessed and simply amazing we are, and at my Statement class, we were reminded each time that

we are each our own kind of beautiful and do not have to settle for anyone. One of my favorite activities our class leader, Jenny, had us do was write down all of the things we liked about ourselves. After we did so, we were supposed to go home and hang the list on a mirror or a place we would read it often. It was such a simple piece of paper, yet it could make me smile in times that I felt hopeless. Personally, I learned signs of dating abuse, ways to end domestic violence, and that I should live my life for no one but myself and live it to the fullest. Now I am able to see that I can make the world a better place, and I can assure you that I will do so for the rest of my life. Make a statement!

- Cait Perry

**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!



I've been in law enforcement for twenty years, and over those twenty years I've dealt with countless domestic violence cases. When I was on patrol I was a first responder, when I was a detective I did the follow up cases and as Sheriff I outline programs to ensure that domestic violence is at the fore front of the issues concerning our community. If you're in a violent dating relationship it's not going to get better, it's only going to get worse. The first time that someone abuses you in a dating relationship, that's the first warning sign. You have nothing to lose by getting out of that relationship. You are not married and you should be taking a hard look at that. It will not change just simply because they say "Oh I'm sorry it won't happen again."... It ALWAYS happens again. Sadly, we as a society are treating other members of society and our peers very badly. It's an accepted norm it seems; bad behavior and cutting put downs have become a new normal now that's acceptable, when really it's not. When you are in a relationship your partner is supposed to be the person taking care of you. This is who you rely on. They are supposed to be protecting you, but they are the ones who are abusing you. It's not always the physical

abuse. It's the mental abuse too, where they make you feel bad and worthless saying comments like "You are nothing without me." Girls if you ever hear that, it's time to leave and leave quick. You are so much more without them. Never let anyone try to control who you see, who you talk to, or who you are friends with. If they ever say don't talk to your parents, that's a HUGE RED FLAG. Anything that is done to demean or control you, or if they ever lay a hand on you... those are all RED FLAGS. The REDFLAG program is designed to give young women the information and the knowledge to protect themselves in abusive situations. Once you have that knowledge you can step up and help others avoid being a victim. You then become a leader of your community in making things better. You have great potential. You don't need a boyfriend to say that you have self worth. You only have self worth when YOU feel you have that self worth. You have to believe in YOU! When you believe in yourself, you will be able to change the dynamics of the entire world and I truly believe that.

I think just as the REDFLAG program is going to help young women understand the risk and threats of abuse and domestic violence, the CONTROL program will be beneficial to young men to understand the proper way to treat people. I think it is going to be very vital on both sides of that discussion.

- Sherriff Ozzie Knezovich



## TWEET ME! TEXT ME! SNAP CHAT ME! FOLLOW ME ON INSTAGRAM! FACEBOOK ME! EMAIL ME! #WAYTOOBUSY

What happened to having a real face-to-face, eye-to-eye conversation? In this day and age we are consumed by technology. We as a society are losing touch with the most important form of communication. Verbal one on one conversation's between individuals seems to be diminishing daily.

Although teens and young adults consider social media or electronic technology as a mainstream norm of communication, professional adults are also jumping on this techno-wave as well. Personal and verbal communication is key in healthy relationships.

There are times when instant messaging through technology is very quick and beneficial. However, when professionalism and self-confidence lack in one's character; the ability to have a mature conversation can become challenging. Often individuals will resort to texting or other social medias to get their message across. This form of communicating demonstrates an inability to engage in a healthy conversation with boldness and grace.

Today's youth are witnessing parents and

professionals handling confrontation through texting and social media rather than observing upfront effective real conversations. This demonstrates a cowardly approach and sends a message that when an uncomfortable situation arises, not to worry...just text, Facebook or send an email. Healthy resolve and personal communication is the example our youth need to see. Social media can be used in many productive healthy ways. However, with one push of a button someone's character can be sabotaged. Many teens in controlling relationships are now being pressured into sending sexual pictures known as "sexting", or being threatened, bullied or are demeaned through electronic abuse. Posting negative comments often leads to a barrage of other teens posting disrespectful statements. This can lead to embarrassment, isolation and even severe depression for the victim. Teens and adults need to be encouraged to **POST POSITIVE MESSAGES!**

Fear of missing out...known as F.O.M.O has become an epidemic among teens.

Often teens are so consumed about what others are doing in their life, that they miss out on opportunities in their own...essentially living their life on the sidelines. Social media can become addictive and destructive. Teens and adults need to be encouraged to **LIVE IN THE PRESENT!** Push the pause button on your technology. Shake a hand, show your smile, look someone in the eye...have a **REAL** talk.

### COMMUNITY CORNER...

#### JOIN STATEMENT AT



**WEDNESDAY JULY 23, 2014**  
11:00am - 2:00am

Great atmosphere...Trivia starts at 6:00! Help combat dating abuse and join us for lunch or dinner! 20% of the proceeds go directly to the cause! Help make a difference for our youth! We appreciate your support!

#### UPCOMING CLASSES/EVENTS:

- May: Crossover
- June: Youth For Christ
- July: Green River Community College
- For a specialized class please call to enroll.

Romans 12:2

### SPECIAL ACKNOWLEDGMENT TO OUR SUPPORTERS

*A special thanks to our Statement sponsors, supporters and volunteers.*

**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, Kyle Jordan, Brad Moeller, Mike Gonzales, Sadie Prosser, Ophelia Araujo, Michelle DeSpain, Rebecca Templeton, Steve Anderson, Klaire Powers



*Jeff & Jennifer Moeller*

