

For Immediate Release

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When You See a Relationship Red Flag, Say Something

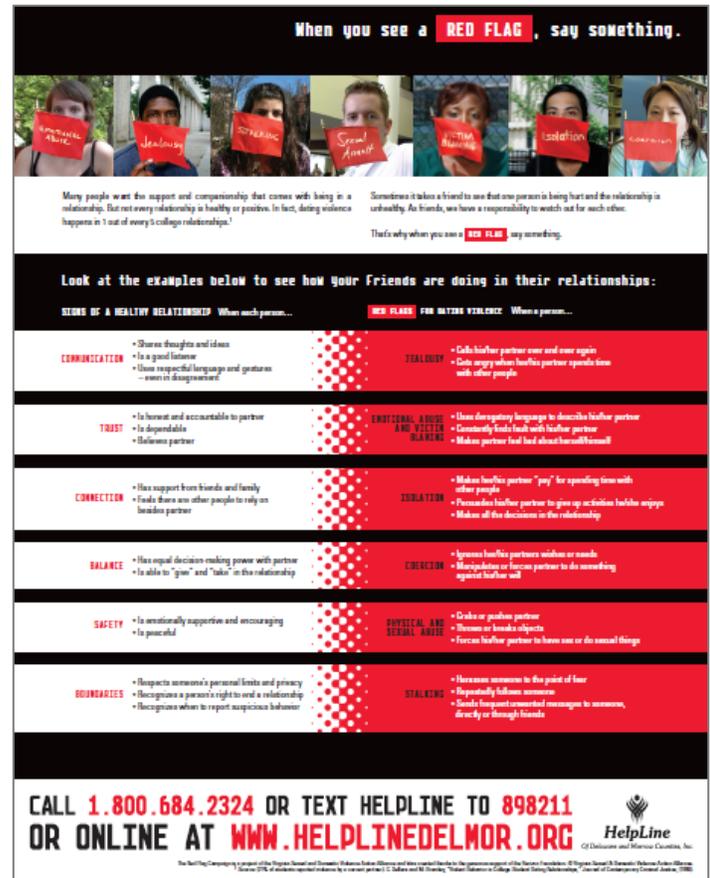
Delaware, OH – Many people want the support and companionship that comes with being in a relationship. But when a relationship becomes unhealthy, painful and a source of heartache, it's difficult to decide what to do and where to turn. According to the National Domestic Violence Hotline, on average 24 people per minute are victims of rape, physical violence or stalking by an intimate partner in the United States — more than 12 million women and men over the course of a year. HelpLine of Delaware and Morrow Counties, Inc. (HelpLine) wants to change these statistics in our communities through resources and awareness.

HelpLine is participating in a nationwide public awareness effort, The Red Flag Campaign, aimed at stopping IPV/DV. In partnership with other local agencies, this awareness project illustrates “red flags” that might be present in a relationship in which IPV/DV is occurring. The campaign encourages people to speak up when they see red flags of violence in the relationships of their friends and families.

Who is likely to witness abuse? Friends and family members are the most likely group of people to seek resources and information to help victims of Intimate Partner Violence (IPV)/Domestic Violence (DV). There are many red flags that indicate violence is occurring in relationships. Name-calling, excessive jealousy, blaming, isolation are all indicators of violence. In these situations, there may also be stalking, physical and/or sexual abuse. Many times these behaviors are subtle and/or kept hidden away from friends or family. Over time these behaviors become increasingly dangerous and noticeable.

“Many times people in need of assistance don’t know where to go or who to turn to in times of difficulty and crisis,” says Tiana Purvis, HelpLine Associate Director. “The confidential hotline and text messaging service offers a discreet and non-threatening way for people to get help.”

Friends and family have an influential role intervening in IPV/DV not only with the victim, but also with the abusive partner. They have the ability to provide safety, support and articulate what behaviors are unacceptable. HelpLine offers several resources for those experiencing IPV/DV as well as confidential support via our 24/7 hotline, advocacy and education. For more information, call 800-684-2324 or text helpline to 898211.



When you see a RED FLAG, say something.

Many people want the support and companionship that comes with being in a relationship. But not every relationship is healthy or positive. In fact, dating violence happens in 1 out of every 5 college relationships.¹ Sometimes it takes a friend to see that one person is being hurt and the relationship is unhealthy. As friends, we have a responsibility to watch out for each other. That's why when you see a RED FLAG, say something.

Look at the examples below to see how your friends are doing in their relationships:

SIGNS OF A HEALTHY RELATIONSHIP	When each person...	RED FLAGS FOR INTIMATE VIOLENCE	When a person...
COMMUNICATION	<ul style="list-style-type: none"> • Share thoughts and ideas • Be a good listener • Use respectful language and gestures – even in disagreement 	JEALOUSY	<ul style="list-style-type: none"> • Calls his/her partner over and over again • Gets angry when his/her partner spends time with other people
TRUST	<ul style="list-style-type: none"> • Is honest and accountable to partner • Is dependable • Believes partner 	CRITICAL, ABUSIVE AND VICTIM BLAMING	<ul style="list-style-type: none"> • Uses derogatory language to describe his/her partner • Constantly finds fault with his/her partner • Makes partner feel bad about her/himself
CONNECTION	<ul style="list-style-type: none"> • Has support from friends and family • Finds there are other people to rely on besides partner 	ISOLATION	<ul style="list-style-type: none"> • Makes his/her partner "pay" for spending time with other people • Persuades his/her partner to give up activities he/she enjoys • Makes all the decisions in the relationship
BALANCE	<ul style="list-style-type: none"> • Has equal decision making power with partner • Is able to "give" and "take" in the relationship 	COERCION	<ul style="list-style-type: none"> • Spreads his/her partner's wishes or needs • Manipulates or forces partner to do something against his/her will
SAFETY	<ul style="list-style-type: none"> • Is emotionally supportive and encouraging • Is peaceful 	PHYSICAL AND SEXUAL ABUSE	<ul style="list-style-type: none"> • Drinks or pushes partner • Throws or breaks objects • Forces his/her partner to have sex or do sexual things
BOUNDARIES	<ul style="list-style-type: none"> • Respects someone's personal limits and privacy • Recognizes a person's right to end a relationship • Recognizes when to report suspicious behavior 	STALKING	<ul style="list-style-type: none"> • Harasses someone to the point of fear • Repeatedly follows someone • Sends frequent unwanted messages to someone, directly or through friends

CALL 1.800.684.2324 OR TEXT HELPLINE TO 898211 OR ONLINE AT WWW.HELPLINEDELMOR.ORG

HelpLine
OF Delaware and Morrow Counties, Inc.

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About HelpLine

HelpLine is a private, non-profit organization that provides 24-hour, crisis, support, & information about community services via hotline and texting; sexual assault advocacy; suicide and violence prevention education; and a volunteer center. Committed to connecting people to knowledge, support, and resources, HelpLine facilitates stability and self-sufficiency through linkage to services, crisis management, and mental health related and violence prevention education.

HelpLine is a contract provider of the Delaware-Morrow Mental Health and Recovery Services Board and partially funded by SourcePoint. A United Way Partner, HelpLine is accredited by the American Association of Suicidology, National Alliance of Information & Referral Systems and certified by the Ohio Department of Mental Health and Addiction Services. For more information, please visit: www.HelpLinedelmor.org.

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