

Macey felt stuck, alone, and scared.

With your help, survivors and young people like Macey can have a safe adult to help them navigate tough situations.

Out of pure desperation, Macey secretly reached out to one of her old friends and told her what was going on. She was so scared, but she needed help.

You can help make sure that survivors like Macey don't have to feel afraid to reach out for help. You can show them that our community cares.

Her friend was shocked to find out the truth of Macey's situation but embraced Macey with love and compassion. She helped Macey tell a trusted adult what was happening.

With the help of her friend and the caring adult, Macey was able to safely end her relationship with Nate.

Looking back, Macey wishes she would've noticed the red flags earlier. She wishes that an adult would've been investing in her enough to hold her hand through the relationship and let her know her true worth.

*Stories like this happen all the time. Too often, young people feel alone in their relationships and don't have a safe adult to talk with.*

**YOU can help make sure that young people like Macey don't fall into unhealthy and abusive relationships.**

**Pour into the young people in your life. Ask them about their relationships. Ask them about their friends and their school. And by doing so, you'll be helping to prevent abuse from happening in their futures.**

**When you support Sheltering Wings and join us in our work as a donor, volunteer, or "signal booster", you reach young people who need to know their worth.**



I want to help kids like Macey with a monthly tax-deductible donation and join the new **Hope Monthly Giving Society!** ● \$10 ● \$25 ● \$50 ● \$100 ● \$ \_\_\_\_\_

I would like to make a one-time gift: \$ \_\_\_\_\_

I've enclosed my check # \_\_\_\_\_

Please charge my credit card \$ \_\_\_\_\_  Visa  MC  Discover  Amex

CREDIT CARD NUMBER

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Signature \_\_\_\_\_ Print Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone (\_\_\_\_) \_\_\_\_\_ Email \_\_\_\_\_

*Gifts made to Sheltering Wings go to the greatest needs of our programs unless designated for a special purpose.*

## You're Invited!

Presented by Christy Paddock Advisors and World Communion Cups

You're invited to one of the most anticipated events in central Indiana! Join us on Friday, April 26, 2024 at the JW Marriott for the 2024 Premier Event benefiting Sheltering Wings, Mosaic!

Mosaics are made up of many pieces – each beautiful and unique in its own way. And it's the same with ending abuse! We're all unique, and it takes all of us to end domestic abuse.



Liz Forkin Bohannan

For information on tickets, sponsorships, and information about our special guest, Liz Forkin Bohannan, visit our website at [ShelteringWings.org/Mosaic](https://ShelteringWings.org/Mosaic) or contact Joel Reichenbach at [jreichenbach@shelteringwings.org](mailto:jreichenbach@shelteringwings.org) or (317) 386-5053.



A Premier Event Benefiting **SHELTERING WINGS**

### THANK YOU TO 2023'S SPONSORS:



## Donor Spotlight Diane



Diane was one of the very first donors to Sheltering Wings. Diane's financial choices have helped her to take control of the impact her money has today and in the future.

Diane says, "I've been investing for years. I learned when I was helping my mother invest to maximize her retirement savings. It turned into a passion of mine. I am blessed to have a financial advisor and friend who was willing to teach me – and to answer my many questions."

"Now, after years of hard work and planning, every year I'm able to donate appreciated investments directly to charities through my brokerage firm. I also save on my taxes by doing so. It's really a win-win. I've also established a trust with some guidelines for my estate once I pass away. My children can decide where and how they would like to donate our legacy funds based on the things that my husband and I believed in and valued."

**We're so grateful to Diane for including giving as a part of her retirement and estate planning.**

# Shared Blessings

*Will you let a young person like Macey know they're valuable just the way they are?*

It's up to us to help keep the next generation from falling into unhealthy relationships.

Macey thought Nate was so handsome.

He was the quarterback on their high school's football team, always made people laugh during class, and... had no idea who Macey was.

Macey tried her best to get Nate's attention by sitting near him in class, "liking" his social media posts, and smiling at him in the hallway.

Slowly but surely, Macey started changing her habits to try and impress Nate.

**You can help young people like Macey know that they shouldn't change their daily activities and appearance to impress someone.**

She started wearing darker colors instead of her normal colorful outfits because that's what Nate wore.

She stopped wearing nail polish and started wearing more makeup.

And it worked – soon enough, Nate took notice of Macey, and a few weeks later they started dating.

Macey was thrilled! Nate – the football star – wanted to be with her!

Over time, Nate started to become jealous and demanded all of Macey's time.

Saying things like, "Why do you want to hang out with Andrea and Kelly? Do you like them more than me?" or "Do you have to go to dinner with your mom? Why don't you and I get dinner instead?"



**Friend, you know that this type of behavior isn't healthy. But as a young person, it made Macey feel special.**

"He wants to spend every day with me, so I must be pretty special to him."

But then he started telling Macey who she could be friends with on social media. He would get upset when she would "like" another guy's post.

Macey began to notice that she wasn't as happy as she used to be. She missed her old friends and her colorful wardrobe.

And if she was being honest, she didn't really like the way Nate was treating her.

She tried talking to Nate about it. But every time she would try and say something about it, he would flip the conversation.

"Am I not good enough for you?", "You'll never find anyone else who will actually want to date you." and sometimes even "If you try to dump me, I'll tell everyone at school about what a loser you are."

*Continued inside right page* →

*Names in survivor stories may be changed for their protection.*



You probably know someone in an abusive relationship.  
**THE GOOD NEWS:** they have you in their life.

**Read on to learn how you can help young people this Domestic Violence Awareness Month and beyond.**

You probably know a friend who was stuck in an unhealthy relationship.

Maybe an abusive relationship.

That's a hard truth. The reality is, **1 in 4 women, 1 in 7 men, and 1 in 3 teenagers** will experience domestic violence in their lifetime.

But there is hope – you!

And YOU are the key to ending domestic violence and promoting healthy relationships! Your commitment to help – to educate your kids and learn more – is how we create change. The positive life experiences explained on page at the far right, have been identified by the Search Institute as the 40 Developmental Assets, these assets identify the skills, experiences, and relationships that set young people up to become thriving, successful, and responsible adults.

By building a strong foundation of developmental assets and resilience you can help get rid of risk factors that could lead to abuse.

We're asking YOU to take time to read this information and learn about how you can prevent abuse by setting current and future generations up with a strong foundation of life experiences that eliminate risky behaviors that lead to abuse. We even have some fun tools to help you! Scan the QR code for a free toy and calendar!



**YOU are my inspiration!**

**Hey, I'm Melissa!** Here at Sheltering Wings, my goal is to make sure that you, your friends, and your family never have to experience domestic violence. And during Domestic Violence Awareness and Prevention Month, I work extra hard to bring awareness to abuse and spread prevention strategies to make our community as safe as possible for everyone.

YOU are the reason I come into work each day. And together, I believe that we can truly end domestic violence. I'd love for you to join me this October (and every other month)!

Thank you for being a person who cares. Take a look at the events and activities below to see how you can get involved this month and beyond!

**Melissa Echerd, Prevention & Education Officer**  
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*Upcoming Events*

**Join us in October and beyond for these abuse-preventing events!**

- **Join us for our October events like National Purple Day and Dine to Donate at the Kickstand Bar & Grill in Danville on October 19!**
- **You can make a positive impact in the lives of young people! Join us on November 15 for our Asset Builder Training.**

**Find more information about our Domestic Violence Awareness & Prevention Month events at [www.ShelteringWings.org/DVAP](http://www.ShelteringWings.org/DVAP)**

- **Giving Tuesday, November 28, 2023:** Giving Tuesday is a day of global generosity! This year, your donation to Sheltering Wings will be matched by a group of generous donors!
- **Men IN Action READ, March 14, 2024:** It's time for our annual Men IN Action READ event! Last year, we sent over 450 men into classrooms in Hendricks County to read to elementary school students. This year, we have the same goal! Learn more and register to read at [www.ShelteringWings.org/Men-In-Action-Read](http://www.ShelteringWings.org/Men-In-Action-Read)
- **Find all our upcoming events at [www.ShelteringWings.org](http://www.ShelteringWings.org) or scan the QR code!**



**40 Developmental Assets**





**Assets: Explained!**

**Developmental Assets® are positive factors within young people, families, communities, and other settings that research has found to be important in promoting the healthy development of young people.**

Think about each one and set a goal for how you can apply it. See the calendar below for more ideas!





**EXTERNAL ASSETS**

The supports, opportunities, and relationships young people need across all aspects of their lives.

-  **Support**  
Young people need to be surrounded by people who love, care for, appreciate, and accept them.
-  **Empowerment**  
Young people need to feel valued and valuable. This happens when they feel safe and respected.
-  **Boundaries & Expectations**  
Young people need clear rules, consistent consequences, and encouragement to do their best.
-  **Constructive Use of Time**  
Young people need opportunities – outside of school - to learn and develop new skills and interests with other youth and adults.

**INTERNAL ASSETS**

The personal skills, commitments, and values they need to make good choices, take responsibility for their own lives, and be independent and fulfilled.

-  **Commitment to Learning**  
Young people need a sense of the lasting importance of learning and a belief in their own abilities.
-  **Positive Values**  
Young people need to develop strong guiding values to help them make healthy life choices.
-  **Social Competencies**  
Young people need the skills to interact effectively with others, to make difficult decisions, and to cope with new situations.
-  **Positive Identity**  
Young people need to believe in their own self-worth and to feel they have control over the things that happen to them.