



Shared Blessings

"I thought I did something wrong for him to treat me like that."

- Riley, a survivor of teen dating violence

Riley was a junior in high school, right here in central Indiana.

After starting a relationship with her good friend, she quickly noticed that things weren't right.

She was scared, confused, and afraid to tell her parents.

Riley faced emotional, sexual, and physical abuse from her boyfriend. At one point, after refusing his constant pleas for sex, he put her in a headlock and wouldn't let go.

"I knew this wasn't like my parents' relationship at home," Riley said. "But I didn't realize just HOW unhealthy it was."

After a few friends noticed what was happening, they encouraged Riley to break up with her boyfriend. Riley tried to end the relationship, but his response was always, "No, we're not breaking up."

Riley felt trapped.

"I thought I did something wrong for him to treat me like that," she said.

Eventually, Riley worked up the courage to talk with her parents about what was happening. To her relief, her parents responded with love and concern. They helped Riley navigate the situation and end her relationship safely.



"There was so much fear and anxiety – just walking to the parking lot with him, or just hearing his name mentioned brought me so much anxiety," she said. "And I didn't realize that was a problem until it became really bad."

Since leaving her abusive relationship, Riley has joined the Youth Council at Sheltering Wings to help other high school students know that they deserve a safe, healthy relationship.

Names in survivor stories may be changed for their protection.

2024 Premier Event

Presented by

Christy Paddock Advisors
and World Communion Cups



A Premier Event Benefiting
SHELTERING WINGS

We each have a unique role to play in the prevention of abuse. And when we all work together, we can create a beautiful picture of a safer community for everyone.

Join us on Friday, April 26, 2024, for our largest fundraising event of the year, and one of the most anticipated events in central Indiana!

Our special guest this year is Liz Bohannon! Liz is the founder of Sseko Designs, the author of the bestselling book *Beginner's Pluck: Build your Life of Purpose & Impact Now*, and the host of the Plucking Up podcast.

Through her work in the fashion industry, Liz seeks to create educational and economic opportunities for women worldwide and infuse radical transparency and equity into the global supply chain. Through her work as an author, writer, and speaker, she uses her entrepreneurial journey and learnings to inspire and equip leaders across the globe to build lives (and businesses!) of purpose, passion, and impact.

We're so excited to host Liz this year!

This year, we'll be at the **JW Marriott in downtown Indianapolis.**

Tickets and event sponsorships are available now. Just visit ShelteringWings.org/Mosaic to learn more and reserve your spot!

PRESENTING SPONSORS



Your teenager won't tell you if they're being abused.

That is if they're among the 33% of teens don't speak up.

February is Teen Dating Violence Awareness Month, and you can help teens feel safe.



A third of teens who are being abused in dating relationships will never tell anyone about it. That's heartbreaking! As parents, we want our kids to come to us if they're in a dangerous, harmful or confusing situation.

I have to say, though, that I didn't always know how to make my kids feel comfortable coming to me.

About 10½ years ago, I shared the difference between healthy and unhealthy relationships with a group of students for the very first time. My son was in middle school; he had his first girlfriend, and I was seeing some unhealthy behaviors. It hit me that his dad and I had never talked to him about healthy dating! Here I was talking to other young people but hadn't had the same conversation with my own son.

I could teach a classroom full of kids, but talking with my son was much harder. One thing I'd learned is that young people really do want to talk about their relationships with a caring adult. They want to know if what they

are experiencing is normal, healthy and good. They want someone to teach them what a relationship built on trust, respect and honesty looks like.

So, I just started asking questions: how he felt, what he wanted in a partner and expected out of a relationship, and the role he saw technology playing in dating and friendships. (Did you know that 52% of teens who experience digital abuse are also physically abused?)

Since then, we've had many conversations about relationships – good, bad and everything in between. He comes to me when things aren't good, and he's open to my observations.

You may be unsure what to say, too. To help, Sheltering Wings has created a list of conversation starters like these:

- **What is the difference between "talking" and dating?**
- **What are your friends' dating relationships like?**
- **Do you want to date someone? What kind of person would you choose to date?**
- **What are some things that might make a relationship unhealthy?**

As caring adults, it is our responsibility to help the young people in our lives navigate dating and relationships. We are called to give them the tools to make good choices, reach out for help when they need it and, most importantly, provide a safe space to talk.

Melissa Echerd,
Prevention & Education Officer
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February is Teen Dating Violence Awareness and Prevention Month



Dating violence is more common than you may think – even among teens and young adults.

1 in 3 teens will experience physical, sexual, or emotional abuse from someone they're dating.

Teens need and want information about how to know when a relationship is unhealthy and how to leave one. Parents and other caring adults (like you) can help.

We're excited to announce the 2024 theme for Teen Dating Violence Awareness and Prevention Month is "Love Like That." Check your email for more information about how you can create a safer community for young people and end teen dating violence.

I want to be one of the first people to give in 2024!

I want to help teens like Riley with a monthly tax-deductible donation and join the 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

Exp. Date (MM/YY) / CW

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. Use the enclosed envelope, scan the QR code, or visit ShelteringWings.org/NewsletterGiving to make your gift today.



What's the plan?



With some planned gifts to Sheltering Wings, you could see the results of your support throughout your life ... and know that after you're gone, you'll still be creating opportunities for men and women who survive abuse.

We can offer lots of options that benefit you, family members and the people at our shelter. Please give me a call or send me an email, and let's talk!

Paige Vanzo, Development Director

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Nothing in this communication is meant to provide financial or legal advice.

2024 Men IN Action READ

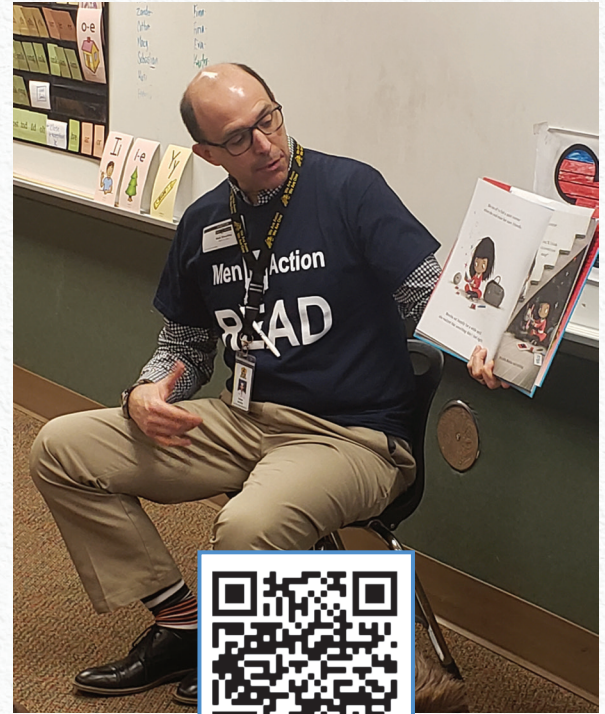


Men! We are asking YOU to read a book to students at a local elementary school on Thursday, March 14, 2024 (next month!)

Over 470 men will visit schools throughout Hendricks County to read a book to students! The story will focus on

skills that kids need to thrive, such as open and honest family communication, social skills, and setting healthy boundaries. We still need volunteers. You can have an impact by signing up to read and/or gifting this year's book to the school corporation of your choice.

Scan the QR code to learn more, or visit ShelteringWings.org/MenRead



"I thought it was an awesome experience! The teachers were very welcoming and helpful. I feel I learned a couple of things that will help me do better in the future."

Anonymous

"It was very powerful realizing that every elementary student in Hendricks County was hearing a consistent message of the importance of kindness. I'm so thankful that I was able to participate in this event."

Pat Cooney

"I enjoyed it as much as the children!"

Lloyd Murrel



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