#IndigiLove
A NCUIH Youth Council Campaign

## STATISTICS

- **Violent relationships can lead to a higher risk of substance abuse, eating disorders, risky sexual behavior and domestic violence.**
- **Native LGBT2S are often discriminated against and experience physical violence due to their sexual orientation.** (Diaz & Koscie, 2009, p.13)

### Red Flags

**Does your partner...**

- Move too fast into the relationship or pressure you to commit? Constantly ask where you are all the time, or frequently call or text you throughout the day?
- Follow you around or show up at your home, school or work without telling you in advance? Encourage you to quit school or work, or to stop participating in activities and hobbies?
- Pressure you to have sex before you’re ready? Act extremely jealous or possessive of you?
- Make jokes about your culture or put you down for being Native? Lose their temper with you or yell at you in private, but stay calm around others? Insist that you “make more time for them” by spending less time with your family or friends?
- Blame their former partners for abuse in previous relationships? (Ex. “My ex was crazy”).

### Types of Abuse

- **Teen Dating Violence (TDV):** A pattern of abuse, threat of abuse, or aggression in a relationship. Many times young people and adults are unaware that teens experience dating violence.
- **Physical Abuse:** The unwanted contact with you or something close to your body.
- **Verbal Abuse:** using words to hurt, harass, or embarrass another person.
- **Emotional & Mental Abuse:** harming another person’s well-being and self-worth.
- **Digital Abuse:** using technology to be abusive, harass, stalk, or intimidate another person.
- **Sexual Abuse:** any act of behavior that is pressured or forced without prior consent.

### Healthy Relationships

- **Relationship Equality & Fairness:** Treat each other as equals and value each other’s point of view.
- **Building a Positive Foundation:** Recognize the strengths in differences you each have. Acknowledge another’s thoughts, feelings and opinions.
- **Communicate:** Talk openly about problems and listen in a non-judgmental way to find a solution together.
- **Quality Time:** Enjoy spending time with one another while also respecting each other’s space and privacy when needed.
- **Cultural & Spiritual Respect:** Create space for you to learn about one another’s culture, tradition, and beliefs with respect.

### Resources

For a complete list of resources, please visit NCUIH.org/IndigiWellnessHealer

Sources: Youth Online: High School Youth Risk Behavior Survey (YRBS) 2001-2009

- **AI/AN Students** & **White Students**

High School Students Reported Being Physically Hurt on Purpose By Dating Partner in Past 12 Months

- **American Indian/ Alaska Native (AI/AN) Women**

More than half of AI/AN women (55%) have experienced physical violence by intimate partners in their lifetime.

- **8%**

AI/AN Students

White Students

High School Students Reported Being Physically Hurt on Purpose By Dating Partner in Past 12 Months

(Youth Online: High School Youth Risk Behavior Survey (YRBS) 2001-2009)

If you experience one or more of these “red flags,” please call: StrongHearts Native Helpline at 1-844-7NATIVE (1-844-762-8483) from 7 a.m. to 10 p.m. CST, seven days a week.

8%

AI/AN Students

White Students

High School Students Reported Being Physically Hurt on Purpose By Dating Partner in Past 12 Months

(Youth Online: High School Youth Risk Behavior Survey (YRBS) 2001-2009)