

Slide 1

RED FLAGS
for girls

Survivor - Speaker - Advocate
REBECCA MUSSER

Slide 2

MY STORY

Survivor - Speaker - Advocate
REBECCA MUSSER

Slide 3

The Fight
THE REALITY

Survivor - Speaker - Advocate
REBECCA MUSSER

Slide 4



The Solution
8 ESSENTIALS

Slide 5



Point 1
UNDERSTAND YOUR NEEDS.

Slide 6

RED FLAG 1

When one person's needs
(or wants) hurt another.

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Point 2



UNDERSTAND YOUR RIGHTS.


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RED FLAG 2

When your voice is not being heard and you do not have a “say” in what is happening.

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Point 3



SEPARATE WORDS & ACTIONS.

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RED FLAG 3

When words or actions are contradictions or are especially harmful given a person's title, authority, role or relationship in your life.

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Point 4



MEASURE YOUR CONFIDENCE.

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RED FLAG 4

When you feel small, inadequate, inferior or anxious.

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Point 5



MONITOR YOUR THOUGHTS.

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RED FLAG 5

When your thoughts are destructive or unhealthy.

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Point 6



MEASURE YOUR SHAME.

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RED FLAG 6

When you feel embarrassed,
unworthy, guilty or self-conscious.
When you feel like a failure.

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Point 7



MEASURE YOUR PRESSURE LEVELS.

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RED FLAG 7

When you feel bullied, guilty,
controlled or pressured to do
something you don't feel good
about.

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Point 8



OWN YOUR RIGHT TO SAY NO.

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RED FLAG 8

When you feel you do not agree
or you feel you are being
trespassed, abused or wronged.

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The Village

YOUR CULTURE. YOUR COMMUNITY. YOUR FAMILY.

Slide 22

The Creed

YOUR PROMISE TO YOURSELF. YOUR GUIDE.

Slide 23

The Creed

I am my own best friend. I watch out for myself. I protect myself in the way I think, the things I do, and the people I choose in my life. I think healthy thoughts and choose healthy actions that are right for me and bring the best outcomes for my life. I stand up for myself and I forgive myself. I wish success for myself physically, relationally, spiritually, and financially.

I recognize that every choice has results and consequences. I choose wisely. I am honest about my behavior and the behavior of others. I have clear and healthy boundaries in all of my relationships. I interact with empathy and I am conscious about my rights and the rights of others.

I ask for what I need and want in healthy ways. When situations or relationships are difficult or uncomfortable, I seek guidance from those I trust. I keep myself safe in every way and I am a voice for others when they are not safe. I am true to my feelings and my dreams. I give myself permission to grow, permission to make mistakes, and permission to succeed. My life has infinite value and purpose.
