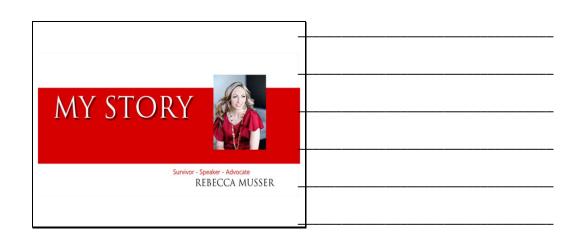
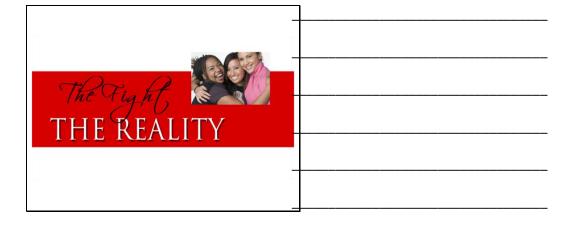
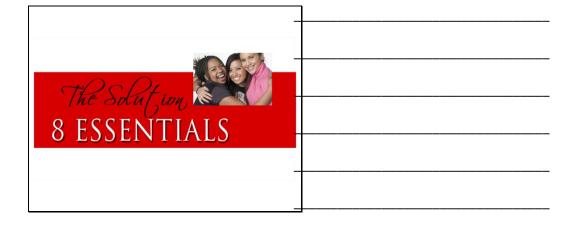
| _  |      | -   |
|----|------|-----|
| •  | IIAC | ١ ١ |
| .J | lide | : т |

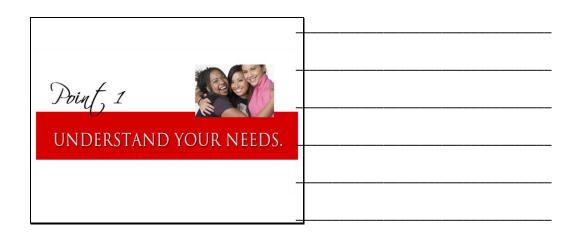






| _ |     |    | _ |
|---|-----|----|---|
| C | lic | Ι۵ | Λ |
|   |     |    |   |



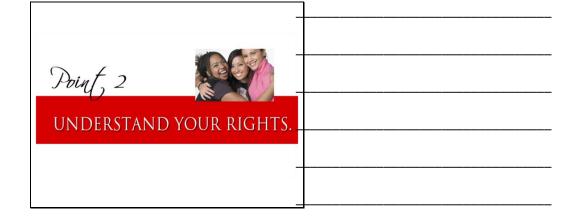


Slide 6

# **RED FLAG 1**

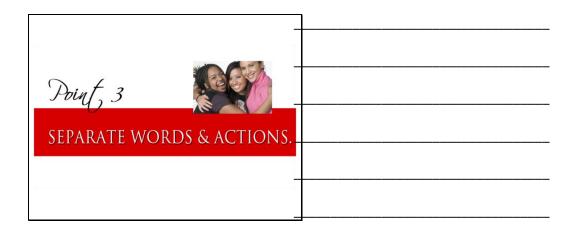
When one person's needs (or wants) hurt another.

|      | 10 | le | - 1 |
|------|----|----|-----|
| . วา |    |    | •   |
|      |    |    |     |



#### **RED FLAG 2**

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



#### **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.

Slide 11

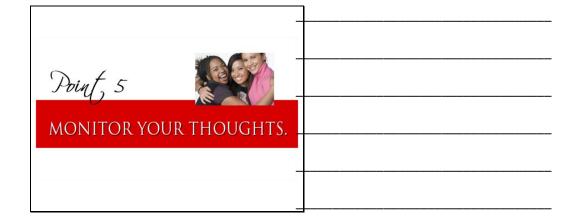


Slide 12

## **RED FLAG 4**

When you feel small, inadequate, inferior or anxious.

| C   | lid  | _            | 17 |
|-----|------|--------------|----|
| . N | 11() | $\leftarrow$ | 17 |



#### **RED FLAG 5**

When your thoughts are destructive or unhealthy.



## **RED FLAG 6**

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

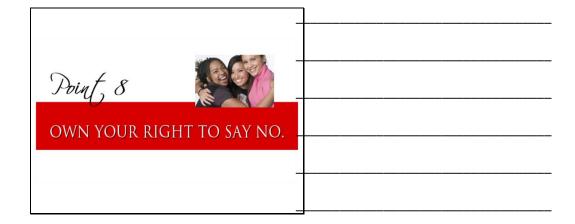
Slide 17



Slide 18

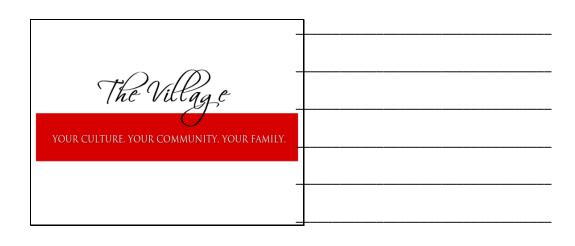
#### **RED FLAG 7**

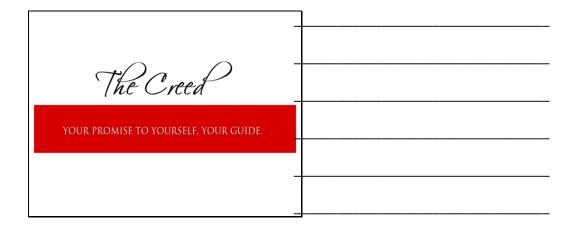
When you feel bullied, guilted, controlled or pressured to do something you don't feel good about.



#### **RED FLAG 8**

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





#### The Creed

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

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.