

RED FLAGS IN RELATIONSHIPS

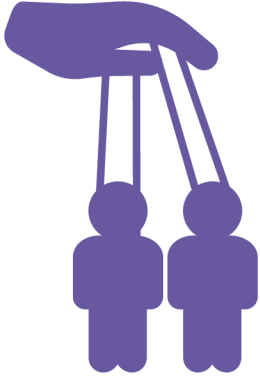
There are unhealthy signs we can identify in relationships before things become abusive. It is important to spot the early signs of abusive behavior – the Red Flags – before things get worse. Remember: these behaviors often occur in patterns: the more red flags you see and the more often they happen, the surer you can be that the relationship is not in your best interest.

EMOTIONAL RED FLAGS

- Ignores what you say, talks over you as if you are not there, or pretends not to hear you.
- Doesn't acknowledge you in public, seems embarrassed by you, acts differently toward you when different people are around.
- Doesn't respect your pronouns or chosen name.
- Does things that hurt your feelings and expects you to just get over it, or makes you feel crazy: often says it was “just a joke,” “you're overreacting,” “not that big a deal” (gaslighting).
- Has a history of double standards: what is okay for one partner to do, is not okay for the other partner.

VERBAL RED FLAGS

- Makes you feel badly about yourself: calls you names, criticizes you often, or puts you down
- Humiliates you, or embarrasses you in public – makes you the butt of the joke.



CONTROLLING RED FLAGS

- Believes that one person should be “in control” in the relationship.
- Refuses to discuss issues that may come up in the relationship (stonewalling).
- Is not willing to accept responsibility for negative actions or work on improving the relationship.
- Decides things for you, is bossy – thinks they know what's better for you than you do.
- Doesn't value your opinions, goals, time, schedule, etc.

ISOLATING RED FLAGS

- Uses jealousy as a way to control who you spend time with – accuses you of cheating.
- May insult, belittle, and discourage you from spending time with your friends & family.
- Wants to control who you see, talk to, and where you go.
- May discourage you from participating in work, school, or extracurricular activities – or make it difficult for you to do so.
- Might begin calling, texting, and starting arguments with you whenever you are with friends/family and not them.



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TECHNOLOGICAL RED FLAGS

- Constantly calls or texts and expects you to be there right then – if you do not respond quickly enough, they get upset or angry with you.
- Frequently checks up on you via cellphone when you are not with them, or when you are spending time with friends – may even locate you via GPS (like Snapmap!)
- Wants to control what you share on social media, who you are “friends” with or “following,” and what apps you use – may discourage you from using certain platforms.
- May want your password or to look through your phone, read your messages, etc. as a way to “prove” they can trust you.

THREATENING RED FLAGS

- Uses looks, actions, gestures, yelling, cursing, or throwing things to scare/intimidate you.
- Makes and/or carries out threats to harm you, emotionally and physically.
- Threatens to break up with you.
- Threatens to “out” you to your friends, family, etc.
- Threatens to share explicit photos/content you may have sent them.
- Threatens to hurt your friends/family members.
- Threatens to commit suicide or harm themselves.



PHYSICAL RED FLAGS

- Has a violent history: has gotten in numerous fights, loses their temper quickly/explosively, brags about fights they have gotten in/hurting others – friends may have “warned you” about them.
- Breaking things – destroying your personal belongings (phones, pictures, letters, gifts, clothes, etc.), punches a hole in the wall, damages your car, locker, etc.
- Has hurt or threatened to hurt you in any way that makes you uncomfortable – even if it was masked as “playful.”



SEXUAL RED FLAGS

- Wants to move at a quicker pace, sexually, than you are comfortable with.
- Pressures you to share or send nude or explicit photos, messages, etc. via text or social media.
- Violates your personal space – touches you more frequently than you are comfortable, or at times when you do not want to or feel uncomfortable (touching you inappropriately in public, etc.).

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