



UNHEALTHY RELATIONSHIP RED FLAGS

DOES YOUR PARTNER:

- keep tabs on you 24/7?
- get jealous or accuse you of cheating?
- guilt trip you for spending time with your friends & family
- embarrass/disrespect you?
- threaten or force unwanted sexual activity?
- spread rumors about you?
- scare you by:
 - yelling & calling you names?
 - hitting, kicking, throwing, or breaking things?

EST. 1983

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HEALTHY RELATIONSHIP GREEN FLAGS

DOES YOUR PARTNER:

- trust you?
- view you as an equal?
- talk honestly & openly?
- let the relationship go at your own pace?
- make you feel safe emotionally & physically?
- support you having your own friends?
- respect your opinions?

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