



Relationship Safety & Red Flags



HOW TO USE THIS HANDOUT

Relationships exist on a spectrum, and it can sometimes be hard to tell when behaviors go from healthy to unhealthy and abusive. The list below shows red flags for unhealthy or abusive behaviors.

Use the list to see whether there are red flags in your relationship.

KEY FACT

Teen dating abuse is defined as physical, sexual, psychological, or emotional aggression or stalking from a dating partner. Dating abuse can occur in-person or electronically and be perpetrated by a current or former dating partner.

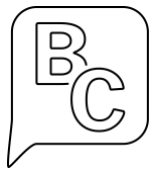


STEP 1: TAKE THE RED FLAGS QUIZ

Your partner:

- Calls or texts you excessively at all times of day and night
- Snoops through your phone
- Asks for and/or shares sexy pictures of you on social media without your permission
- Makes you hide things from your friends and family/caregivers
- Always shows up unannounced at your home, work, or hangouts
- Tells you what to do, what to wear, or how to act
- Embarrasses you in public or private through insults or mean comments
- Acts jealous a lot and accuses you of cheating or flirting with someone else
- Keeps you from doing things you enjoy
- Controls how you spend your money
- Alternates violence and threats with small acts of kindness
- Constantly questions your actions or personality
- Guilt trips you when you want to spend time with your friends or family
- Says you're overly dramatic or crazy
- Gives you gifts and expects sexual favors in return
- Demands to have sex even when you don't want to
- Pressures you to use alcohol or drugs to "loosen up"
- Threatens to break up if you don't have sex with them
- Refuses to use a condom or other birth control
- Physically harms or threatens you
- Threatens self-harm if you break up
- Threatens to "out" you if you break up
- Threatens to get you or your family deported
- Lies about their age or other things
- Pressures you to do things you don't want to do
- Asks or forces you to have sex with other people in exchange for money, drugs, or other things of value
- Does not allow you to leave or move about freely

If you recognize any of these red flags in your relationship, talk to a trusted adult about it. They can help you plan for safer relationships or just listen to your questions and concerns.



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Adapted from **Ball, B., Rosenbluth, B., Aoki, A., Greene, M., & Randolph, R. (2019). *Expect Respect: Promoting Safe and Healthy Relationships for Youth*. Austin, TX: SAFE.**



ADDITIONAL RESOURCES

Love is respect (<https://www.loveisrespect.org/get-help>)

has trained advocates that are available 24/7 to offer support, education, and advocacy to teens and young adults (as well as friends and family) with questions or concerns about dating and relationships. Their services are always free and confidential. They can connect you to resources nearby, help you plan for safer relationships, or just listen to your concerns.

24/7 call or chat

[1-866-331-9474](tel:1-866-331-9474)

[800.787.3224 \(TTY\)](tel:800-787-3224)

Text 'LOVEIS' to 22522

Click on the topics below to access more information:

[Warning signs of abuse](#)

[Interactive Safety Plan](#)

[Supporting others](#)