



RELATIONSHIP RED FLAGS

Most dating relationships are wonderful, loving experiences, but one in three teen girls will experience abuse in their relationship. Recognizing red flags early can help you leave a destructive relationship before abuse occurs.

The following relationship checklist can help you gauge if your dating partner might have abusive tendencies. ANY of these indicators should be considered a red flag. Talk to a trusted adult if your dating partner exhibits any of these behaviors. **Many of these red flags are emotional abuse, which is very damaging and often leads to physical abuse..**

- Does he tell you who you should be friends with, what you should wear, or try to control your behavior in other ways?*
- Does he get jealous easily?
- Does he drink alcohol or use drugs, and does he pressure you to do the same?
- Does he make you feel guilty if he doesn't get his way?*
- Does he make all the plans when you spend time together?
- Does he always want to know where you are, who you're with and what you're doing?
- Does he check the texts and e-mails on your phone and/or stalk all of your social media activity and tell you to edit or take down posts he doesn't like?*
- Does he tell you who you can be friends with on social media and get mad if you don't "unfriend" people that he doesn't approve of?*
- Is he physically violent with you or others, even if it's "just" grabbing or pushing to get his way?
- Does he intimidate you physically or emotionally by invading your personal space (sitting too close, touching you when you don't want to be touched, interrupting and talking over you, treating you like you are inferior)?*
- Does he call you mean names, even in a joking way?*
- Does he think it's funny when other people get hurt physically or emotionally?
- Does he abuse animals?
- Does he have a short fuse, is he easily angered?
- Is he not able to "take a joke" ...does he get angry if others poke fun at him?
- Are his moods unpredictable and do they change quickly?
- Do you change your behavior or tell white lies so that you don't make him mad?*
- Do your friends tell you that you should not be with him?
- Does he understand that "no means no" when you are intimate with him?
- Does he live in an abusive home?

**If you are experiencing any of these, you are being emotionally abused and you need to get out of this destructive relationship. If you stay, it could escalate to physical abuse.



DATING BILL OF RIGHTS

You are entitled to certain basic rights in any relationship, especially a dating relationship. Set a high standard for the people you spend time with and use the following Bill of Rights as a way to measure how healthy a relationship is; stay away from toxic people.

1. I have the right to honesty and kindness in all of my relationships.
2. I have the right to have friends and space aside from my partner.
3. I have the right to be treated as an equal.
4. I have the right to have my own feelings and be able to express them.
5. I have the right not to be pressured into anything I do not want to do.
6. I have the right to end any friendship or dating relationship when my instincts tell me to.
7. I have the right to refuse to have sex with anyone, anytime, for any reason.
8. I have the right not to be abused physically, emotionally, or sexually.
9. I have the right to assert my legal rights when a crime has been committed against me or someone I know.
10. I have the right to say no.