

Revved Up Kids Relationship Red Flags Checklist

Most dating relationships are wonderful, loving experiences, but one in three teens will be abused by their dating partner. Teen dating violence is very common! Seeing red flags early can help you leave an unhealthy relationship before abuse occurs.

The following checklist can help you gauge abusive tendencies. If you check any of the items on the list, consider it a red flag. Talk to a trusted adult if your dating partner exhibits any of these behaviors.

For each behavior circle Y (yes) or N (no):

- Y | N** Tries to control you (tells you who to be friends with, what to wear, how to spend your time, etc.)**
- Y | N** Gets jealous easily
- Y | N** Drinks alcohol, uses drugs, pressures you to drink or use drugs
- Y | N** Makes you feel guilty if they don't get their way**
- Y | N** Makes all the plans when you spend time together
- Y | N** Always wants to know where you are, who you're with and what you're doing
- Y | N** Checks your texts and e-mails on your phone and/or stalks your social media and tells you to edit or take down posts they don't like**
- Y | N** Tells you who you can be friends with on social media and gets mad if you don't block people that they don't like**
- Y | N** Is physically aggressive with you or others, even if it's "just" grabbing or pushing to get their way
- Y | N** Intimidates 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)**
- Y | N** Calls you mean names (even in a joking way)**
- Y | N** Thinks it's funny when other people get hurt physically or emotionally
- Y | N** Abuses animals
- Y | N** Has a short fuse, is easily angered
- Y | N** Not able to "take a joke" (gets angry if others poke fun at them)
- Y | N** Moods are unpredictable and change quickly
- Y | N** You change your behavior or tell white lies so that you don't make them mad**
- Y | N** Your friends tell you that you should not be with this person
- Y | N** Doesn't understand that "no means no" when you are intimate together
- Y | N** Lives in an abusive home

Every "**Y**" you circled is a red flag! Now that you can see them, will you choose your safety over this relationship?

****These are emotionally abusive behaviors, they are dangerous for your mental health, and they often lead to physical abuse. It's time to assess this relationship and think about an exit plan before your partner becomes physically abusive.**

Revved Up Kids Relationship 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 the health of your relationships. Do your best to avoid close friendships and dating relationships that are stressful, emotionally draining and one-sided.

1. I have the right to honesty and kindness in all 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 freely and without reservation.
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 without explaining myself further. No is a sentence!

More safety resources

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