



Relationship Warning Signs are Subtle Learn to Recognize Them

Healthy Relationships Include:

- Kindness
- Honesty
- Consideration
- Trust
- Mutual respect
- Supportive

Verbal Abuse Warning Signs:

- Name-calling
- Put-downs
- Humiliates the other
- Using sexually derogatory names
- Insults the other

Signs of an *Unhealthy* Relationship:

- Dismisses the other person's feelings, ideas, beliefs, or values;
- Isn't comfortable sharing their feelings;
- Avoids discussing issues in the relationship;
- Not willing to compromise;
- Wants to get serious quickly in the relationship
- Suspicious or jealous;
- Lies to the other person;
- Spends most of their time with the other
- Doesn't have outside interests or friends;
- Uses guilt trips
- Gets upset easily and/or
- Escalates disagreements into fights

Tactics of Sexual Coercion or Pressure

- One partner gets angry or makes the other person feel guilty.
 - For example, they'll say, "What do you mean you won't have sex with me? You kissed me and led me on. You're a tease!" or "If you loved/cared about me, you would."
- Argue or pressure the person.
 - For example, they'll say, "We're exclusive, and having sex is part of a dating relationship." Or they might agree to setting sexual boundaries but later push their partner to go further.
- Use alcohol to lower their partner's resistance.
- Physical force, such as holding the other person down.
- Intimidation - the abuser may threaten to tell others that the couple has been sexually active, spread rumors about the activity they've engaged in—when they haven't actually had sex
- Physically threaten to harm the other person if they don't agree to have sex.

Signs of an Abusive Relationship

- Gets angry when one person doesn't "drop everything" for the other person
- Criticizes the way the other person dresses
- Tells the other person they'll never find anyone else who wants to date them
- Keeps the other person from seeing friends or talking to other people—guys or girls
- Wants the other to quit a healthy activity they enjoy
- Checks the other person's cell phone or email without their permission
- Displays extreme jealousy, possessiveness, or insecurity
- Has an explosive temper (sudden, volatile outbursts and/or screaming at the other person)
- Isolates the other person from their family and/or friends
- Makes false accusations
- Has mood swings (their emotions change quickly, such as from happy to angry, laid back to irritable, or romantic to distant and cold)
- Tells the other person what to do rather than allowing them to make their own decisions and choices
- Raises a hand to the other person when angry, as if they're about to hit them
- Physically hurts the other person in any way
- Apologizes for their violent behavior and promises not to do it again—but the promise is temporary, and the behavior will be repeated in the future, often many times

