



unhealthy relationship
SIGNS

Here are some red flags. Does your partner:

- Try **CONTROLLING** you?
- Get **JEALOUS** & accuse you of cheating?
- Make you feel like you're **CRAZY** or **STUPID**?
- **EMBARRASS/DISRESPECT** you in public?
- **RESENT** your accomplishments?
- Text or call you **ALL THE TIME**?
- Spread **RUMORS** about you?
- Lose his/her **TEMPER** easily?
- Make you feel **GUILTY** for spending time with your friends and family?
- Force you to **SHARE PASSWORDS** to your social media accounts or phone?
- **ASK FOR** or **FORCE** unwanted sex or sexual acts?
- **YELL** and call you names or threaten you?

NATIONAL TEEN DATING ABUSE HELPLINE:

(866) 331-9474

information adapted from
loveisrespect.org