



## Unhealthy Relationships Warning Signs

All relationships deserve respect, trust, support, and healthy communication. If you notice a pattern of these behaviors developing, talk to a trusted adult or consider calling Safelink, an anonymous, free, listening ear at 1-877-785-2020.

Is mean
Displays dominating behavior
Is violent
Is jealous and possessive
Blames you when they mistreat you
Has a history of bad relationships and blames the other person
Is scary
Blasts you on social media
Lurks on your social media
Doesn't acknowledge your relationship publicly
Your family and friends are worried for your safety
Misuses drugs or alcohol and pressures you to take them
Comes on very strong
Gaslighting



<b>Behavior</b>	<b>Example</b>
<b>Is mean</b>	Shows insensitive and unkind behavior to you and/or others
<b>Displays dominating behavior</b>	<i>Making all the decisions and not taking your opinion seriously Believes that one partner should be in control and powerful and the other should be passive and submissive</i>
<b>Is violent</b>	<i>Has a history of fighting, loses their temper quickly, and brags about mistreating others</i>
<b>Is jealous and possessive</b>	<i>Wants all of your attention, controls your friends, checks up on you, and/or won't accept breaking up</i>
<b>Blames you when they mistreat you</b>	<i>Says you provoked them, pressed their buttons, made them do it, and/or lead them on</i>
<b>Has a history of bad relationships and blames the other person</b>	<i>"So and so' just didn't understand me"</i>
<b>Is scary</b>	<i>You worry about how they will react to things you say or do; they threaten you, use or own weapons</i>
<b>Blasts you on social media</b>	<i>Posts about relationship problems online instead of talking about it with you Subs you, or exposes you online</i>
<b>Lurks on your social media</b>	<i>Gets mad or tries to control who comments and likes on your page Creates a fake page of you</i>
<b>Doesn't acknowledge your relationship publicly</b>	<i>Acts like they're single or hides your relationship online</i>
<b>Your family and friends are worried for your safety</b>	<i>Your family and friends have warned you about the person</i>
<b>Misuses drugs or alcohol and pressures you to take them</b>	<i>Bingeing, can't have fun without substances</i>
<b>Comes on very strong</b>	<i>Gets too serious about the relationship too quickly Pushes you to say 'I love you' or do things before you feel ready</i>
<b>Gaslighting</b>	<i>Extremely charming, and smooth talking Doesn't validate your concerns about issues in the relationship</i>



**Facilitator Debrief:**

1. What warning signs stand out to you and why?
2. Where in media have you seen these warning signs exhibited? What impact do these warning sign messages have on us?
3. What are other examples of warning signs that aren't shown? (e.g. expecting someone to always pay or damaging property. This can lead to financial abuse)