

### JEALOUSY

- Calls his/her partner over and over again
- Gets angry when her/his partner spends time with other people

### EMOTIONAL ABUSE AND VICTIM BLAMING

- Uses derogatory language to describe his/her partner
- Constantly finds fault with his/her partner
- Makes partner feel bad about herself/himself

### ISOLATION

- Makes her/his partner "pay" for spending time with other people
- Persuades his/her partner to give up activities he/she enjoys
- Makes all the decisions in the relationship

### COERCION

- Ignores her/his partners wishes or needs
- Manipulates or forces partner to do something against his/her will

### PHYSICAL AND SEXUAL ABUSE

- Grabs or pushes partner
- Throws or breaks objects
- Forces his/her partner to have sex or do sexual things

### STALKING

- Harasses someone to the point of fear
- Repeatedly follows someone
- Sends frequent unwanted messages to someone, directly or through friends

SIGNS OF A HEALTHY RELATIONSHIP When each person...

**COMMUNICATION**

- Shares thoughts and ideas
- Is a good listener
- Uses respectful language and gestures – even in disagreement

**TRUST**

- Is honest and accountable to partner
- Is dependable
- Believes partner

**CONNECTION**

- Has support from friends and family
- Feels there are other people to rely on besides partner

**BALANCE**

- Has equal decision-making power with partner
- Is able to “give” and “take” in the relationship

**SAFETY**

- Is emotionally supportive and encouraging
- Is peaceful

**BOUNDARIES**

- Respects someone’s personal limits and privacy
- Recognizes a person’s right to end a relationship
- Recognizes when to report suspicious behavior

When you see a **RED FLAG**, say something.