



# unhealthy relationship **RED FLAGS**

does your boyfriend or girlfriend...

- try to **control** you?
- text you **constantly**?
- **keep tabs** on you **24/7**?
- get **jealous** or accuse you of cheating?
- **guilt trip** you for spending time with your friends & family?
- **embarrass/disrespect** you?
- **threaten** or **force** unwanted sexual activity?
- easily lose his/her **temper**?
- spread **rumors** about you?
- **scare** you by:
  - yelling & calling you names?
  - hitting, kicking, throwing, or breaking things?

**national teen dating abuse helpline:  
866.331.9474**



# healthy relationship **GREEN FLAGS**

does your boyfriend or girlfriend...

- **trust** you?
- view you as an **equal**?
- talk **honestly** & openly?
- let the relationship go at **your own pace**?
- treat you **fairly**?
- make you **feel safe** emotionally & physically?
- talk things out **calmly**?
- **support** you having your own friends?
- **listen** to your feelings?
- respect your **opinions**?



For more information:  
[www.odvn.org](http://www.odvn.org)