

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



Many people want the support and companionship that comes with being in a relationship but not every relationship is healthy or positive. In fact, dating violence happens in 1 out of every 5 college relationships. Sometimes, it takes a friend to see that someone is being hurt and that their relationship is unhealthy. We have a responsibility to watch out for our friends and each other.

Look at the examples below to see how your friends are doing in their relationships:

**SIGNS OF A HEALTHY RELATIONSHIP** When each person...

**RED FLAGS FOR DATING VIOLENCE** When each person...

**COMMUNICATION**

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

**JEALOUSY**

- Excessively calls or contacts their partner
- Gets angry when their partner spends time with other people

**TRUST**

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

**EMOTIONAL ABUSE**

- Uses derogatory language to describe their partner
- Constantly finds fault with their partner
- Makes partner feel bad about themself

**CONNECTION**

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

**ISOLATION**

- Makes their partner “pay” for spending time with other people
- Persuades their partner to give up activities they enjoy
- Makes all the decisions in the relationship

**BALANCE**

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

**COERCION**

- Ignores their partners wishes or needs
- Manipulates or forces partner to do something against their will

**SAFETY**

- Is emotionally supportive and encouraging
- Is peaceful

**SEXUAL ASSAULT**

- Forces their partner to have sex or do sexual things
- Disregards partner’s physical boundaries

**BOUNDARIES**

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

**STALKING**

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

**UNDERSTANDING**

- Works to understand and educate themselves about cultural differences
- Values and honors their partner’s identity

**MICROAGGRESSIONS**

- Minimizes or belittles their partner’s identity
- Does not try to be empathetic or understanding of their partner’s lived experiences