

# Relationship Red Flags

Have you or are you experiencing any of these red flags in your relationship?

- Wants to get serious too quickly
- Humiliates you, calls you names or puts you down to break your confidence.
- Treats you better when other people are around.
- Screams at you to intimidate you.
- Follows you or calls/texts repeatedly to check up on you.
- Pressures you to go along with what they want.
- Degrades or tries to humiliate you via text, social media, or email.
- Throws, hits, or breaks things to make you afraid.
- Gets overly jealous when you spend time with friends or family.
- Tags you in posts, even though you asked them not to.
- Insists that you give them your password to your phone, email, or social media accounts.
- Physically or sexually assaults you.
- Denies or blames you for their abusive behavior.



## These 5 abusive behaviors increase your likely risk for being seriously hurt or even killed:

Uses or threatens to use a gun, knife, or other weapon to intimidate or hurt you.

Threatens to kill you or themselves if the relationship ends.

Forces you to have sex or physically assaults you.

Tries to choke or strangle you.

Is violently or constantly jealous.



If you checked off one or more of these red flags or feel like your partner is controlling, consider reaching out to a national or local resource.

The National Domestic Violence

**HOTLINE**

1-800-799-7233

[thehotline.org](http://thehotline.org)



love is respect **org**

1-866-331-8453

Text "loveis" to 22522

**Domestic Violence Services**



Counseling & Service Coordination: 979-775-2255

24/7 Emergency Hotline: 979-775-5355



a program of

**twin city**  
**MISSION**