

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.¹

Sometimes it takes a friend to see that one person is being hurt and the relationship is unhealthy. As friends, we have a responsibility to watch out for each other.

That's why when you see a **RED FLAG**, say something.

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 a person...

COMMUNICATION

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

JEALOUSY

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

TRUST

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

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

CONNECTION

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

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

BALANCE

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

COERCION

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

SAFETY

- Is emotionally supportive and encouraging
- Is peaceful

PHYSICAL AND SEXUAL ABUSE

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

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
- Sends frequent unwanted messages to someone, directly or through friends

To find out more, visit **TheRedFlagCampaign.org**

If you or a friend is dealing with an unhealthy relationship, call **THE NATIONAL DOMESTIC VIOLENCE HOTLINE** at **1-800-799-SAFE (7233)** (v/tty). It's **FREE, CONFIDENTIAL**, and operates **24 HOURS A DAY**.