



## Teen Dating Violence: Warning Signs

**It's important to know that an abusive partner may have one or two of these signs, all of them, or even none of them.**

**Consider seeking help if your partner:**

- Has bursts of anger, even if they are followed by deep regret
- Checks your cell phone and social media accounts without your permission
- Makes you doubt your friendships
- Tells you what you can and can't wear
- Constantly needs to be in contact with you and know who you are with
- Makes the relationship too serious too quickly
- Insults you or people you care about
- Blames you when they over react
- Has you in a constant state of worry about how they will react

Keep in mind that a healthy partner should not become angry, aggressive, or even violent if you ask them to discuss the above issues. If you fear that your partner might, reach out for help before and after ending the relationship.

