

RELATIONSHIP RED FLAGS

Lack of respect

Your partner disrespects you. This may manifest in different ways.



Controlling behavior

Your partner tries to control your behavior, or who you spend time with.

Verbal Abuse

Your partner uses abusive language towards you.

Physical Abuse

Your partner hurts you physically. Examples include pushing, shoving, and hitting.



Violation of boundaries

Examples may include pressuring you into sex, or forcing you to do things you are not comfortable with.

Shifting Blame

Your partner blames you for his/her problems.



Cyberbullying

Your partner threatens to release embarrassing photos or spread rumours through messaging/social media.

