Red Flags for Abusive Relationships

From the Wellness Center and Student Government Association

QUESTION RELATIONSHIPS WHERE YOUR PARTNER OR FRIEND:

- Abuses alcohol or other drugs
- Has a history of trouble with the law, gets into fights, breaks or destroys property
- Blames you for how they treat you or when bad things happen
- Abuses siblings, other family members, children, or pets
- Puts down people or calls them names, including your family and friends
- Is always angry at someone or something
- Tries to isolate you and control whom you see or where you go
- Cheats on your or has lots of partners
- Are physically rough with you
- Takes your money or takes advantage of you in other ways
- Doesn’t listen to your or doesn’t show interest in your options and feelings
- Lies to you, doesn’t show up for dates, or disappears for days
- Makes vulgar comments about others in your presence
- Blames all arguments and problems on you
- Tells you how to act or dress
- Threatens to kill themselves if you break up with them/leave them—tells you they can’t live without you
- Experiences extreme mood swings
- Tells you to shut up or that you’re dumb, stupid, fat, etc.
- Makes you feel afraid, tied down, worried or unhappy often

YOUR RELATIONSHIP IS HEALTHY IF:

- You trust your partner
- You treat each other in the way you want to be treated and accept other’s opinions and interests
- You each feel physically safe in the relationship
- You make important decisions together
- Your partner/friend understands when you spend time away from them
- You don’t feel responsible for protecting your partner’s reputation or for cover for his/her mistakes
- Your partner likes you for who you are, not just for what you look like
- You are not afraid to say what you think and why you think that way
- You don’t have to be with them 24/7
- Your partner doesn’t force you to do something that makes you uncomfortable.