

Red Flags:

Your Girlfriend/boyfriend calls you very frequently to figure out where you are and what you are doing.

Your Girlfriend/boyfriend txts you multiple times when you are with your friends or family wanting you to hurry up and hang out with them.

Your Girlfriend/boyfriend gets mad at you when you won't change your plans to be with them.

I can't believe you can't come over, this is ridiculous, and you don't even care about me. You should tell your Mom to shove it and come over.

Your Girlfriend/boyfriend puts you down and says things about you that are hurtful .

You suck and that, I wish you were skinnier, your hair isn't long enough...

Your Girlfriend/boyfriend breaks your things if you don't do what they want.

My boyfriend busted my ipod screen because I wouldn't give him a kiss.

Your Girlfriend/boyfriend doesn't respect your privacy-i.e- gets into your face book account.

Sally got into my face book account last night and went through my messages. She called me and told me she was mad for talking to my friend, Kelly.

Your Girlfriend/boyfriend post things are face book about you which are not true or hurtful.

FB Post: Drew is such a liar don't ever talk to him...

Your Girlfriend/boyfriend knows where you are at all times and they know what you are doing.

TXT on your Phone: Hey I know your at the store with your Mom, and I know your going to your friend's house later, when are you going to make time for me?

Your Girlfriend/boyfriend acts in aggression when you have a disagreement (screams, hits, throws things).

Your Girlfriend/boyfriend threatens to hurt them or someone else when there is the chance of you breaking up.

I am going to cut myself if you ever try to leave me.

Healthy Relationship

Your Girlfriend/boyfriend ask questions to get to know you and enjoys learning about you.

Hey whats your favorite sport? Do you like going to the movies?

Your Girlfriend/boyfriend is flexible if plans changes, and they control their emotions

I am sad we can't hang out, but I understand you need to go help your Mom at the store.

Txt on your phone: Have fun with your friends, I hope we can hang out another time.

FB post: Marvin, thanks for helping me out today when I really needed it!

Your Girlfriend/boyfriend does not hack into your face book account.

When you get into an argument with your boyfriend/girlfriend you all calm down and try to talk things over.

BF- I did get hurt when you said that to me. GF- I know that was really mean of me, I am sorry.

There is 0 aggression or violence between you and your girlfriend/boyfriend.

When you are in a break up the other person respects your decision and does not use self harm statements against you.

Hey what do you want to do tonight? What is your favorite place to eat?

Your Girlfriend/boyfriend tries to give advice or helps you when you ask for it.

Your Girlfriend/boyfriend doesn't try to keep you from your friends or family.

Your Girlfriend/boyfriend encourages you to meet your goals in life.

