

# RED FLAGS

## TEEN DATING ABUSE

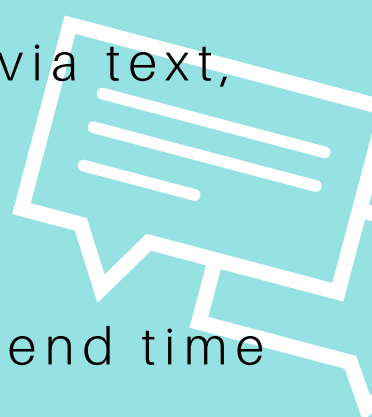
Have you or are you experiencing any of these **RED** FLAGS?

If so, we are here to listen and help.

1-888-606-HOPE or TEXT 602.799.7017



- Wants to get serious too quickly.
- Humiliates you, calls you names or puts you down to break your confidence.
- Treats you better when other people are around.
- Screams at you to intimidate you.
- Follows you or calls/texts repeatedly to check up on you.
- Pressures you to go along with what they want.
- Bullies or tries to humiliate you via text, social media, or email.
- Throws, hits, or breaks things to make you afraid.
- Gets overly jealous when you spend time with friends or family.
- Tags you in posts, even though you asked them not to.
- Insists that you give them your password to voicemail, email, or social media accounts.
- Physically or sexually assaults you.
- Denies their abusive behavior.
- Blames you for their abusive behavior.



**These 5 abusive behaviors increase your risk for being seriously hurt or even killed:**

- Uses or threatens to use a gun, knife, or other weapon to intimidate or hurt you.
- Threatens to kill you or themselves if the relationship ends.
- Tries to choke or strangle you.
- Forces you to have sex or physically assaults you.
- Is violently or constantly jealous.



# THE POWER OF CONTROL

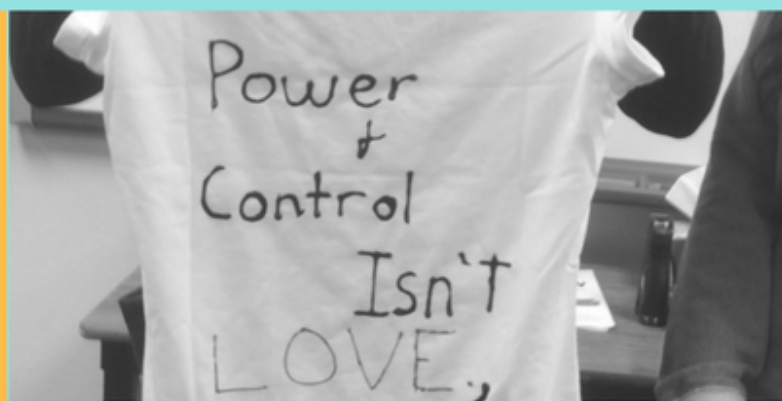
Dating abuse and domestic violence happen when a partner uses physical, emotional, verbal or sexual abuse to gain or maintain **power** and **control**.

When a partner minimizes, denies or blames someone else for their abusive behavior, they are shifting responsibility for their actions and trying to manipulate the situation. Here are a few examples of minimizing, denying and blaming:

## minimize

"I'm just so stressed out."

"I could not control myself."



## blame

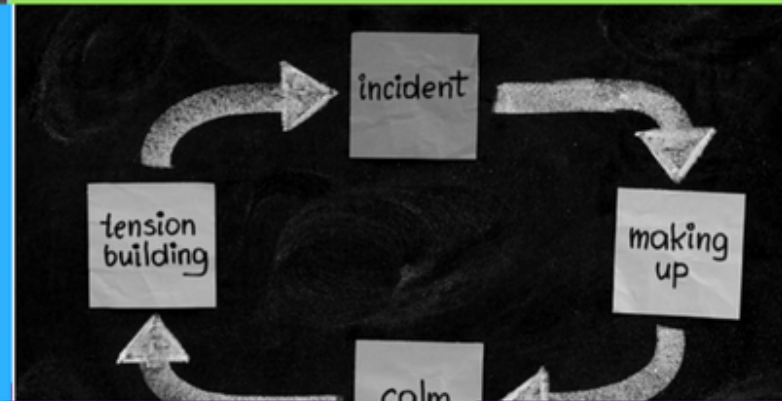
"It's all your fault."

"You made me do it!"

"I never did that, you're crazy!"

## deny

"I barely touched you!"



If you or someone you know feels afraid, threatened, manipulated or controlled in a relationship, 24/7 non-judgmental support is just a phone call/text away at the National Teen Dating Violence Hotline | 1-866-331-9474 | TEXT "loveis" to 22522.



Uproot Abuse. Cultivate Kindness.