



Red Flags Checklist

- Your partner throws, hits, or breaks things to make you afraid
- When you refuse to do certain sexual acts, your partner puts you down
- Your partner minimizes, denies, and blames you for their abusive behavior
- Your partner believes that jealousy is a sign of love
- Your partner follows you or calls/texts repeatedly to check up on you
- Your partner criticizes your sexuality because you do not have sex the way they want to
- Threatens to out you to people
- You have stopped seeing your friends or family because your partner is jealous of them
- You are afraid of your partner's temper, so you avoid making them angry
- Your partner repeatedly asks you to do sexual acts that you don't want to do
- Your partner posts private/nude photos of you on their social media accounts
- Your partner threatens to hurt or kill themselves if the relationship ends