WARNING SIGNS

Being able to tell the difference between healthy, unhealthy, and abusive relationships can be more difficult than you think. No two relationships are the same, so what’s unhealthy in one relationship may be abusive in another. Although there are many signs to pay attention to, look for these common warning signs of dating abuse in a relationship:

- Checking cell phones, emails, or social networks without permission
- Extreme jealousy or insecurity
- Constant belittling or put-downs
- Explosive temper
- Isolation from family and friends
- Making false accusations
- Constant mood swings towards you
- Physically inflicting pain or hurt in any way
- Possessiveness
- Telling someone what they can and cannot do
- Repeatedly pressuring someone to have sex

If you or someone you know sees the warning signs in their relationship, text loveis to 22522. Learn more about healthy, unhealthy, and abusive relationships at breakthecycle.org.