

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.