



Red Flags Checklist

RED FLAG behaviors of an abusive, controlling, or violent partner:

- Wants to move too quickly in the relationship.
- Criticizes or puts you down; says you are crazy, stupid, fat, unattractive, and/or that no one else would ever want you or love you.
- Treats you better when other people are around.
- Screams or yells at you.
- Follows you, tracks your location, or constantly calls/texts to check up on you.
- Pressures you to go places or do things that you don't want to do.
- Bullies or tries to humiliate you via text or social media.
- Throws, hits, or breaks things to scare you.
- Gets overly jealous when you spend time with friends/family.
- Insists you give them your password to your phone or social media accounts.
- Physically/sexually assaults you.
- Denies their abusive behavior.
- Refuses to use your preferred pronouns.
- Guilts, coerces or forces you to send or share inappropriate photos.
- Blames you for their abusive behavior.

These Red Flags increase the risk of being seriously hurt or 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.

How many "Red Flags" did you check off on the list?

(enter # here)

One Red Flag is enough to reach out for help.



Green Flags Checklist

A green flag is a sign of a healthy relationship or friendship, to have a healthy relationship or friendship both people are responsible for the green flags.

- Encourages you to do the things that make you happy.
- Accepts responsibility for their own actions.
- Gives you space to hang out with your friends and family without thinking you're cheating.
- Respects and accepts your boundaries.
- Openly communicates their wants/needs and accepts you for who you are.
- Respects your rights to your own feelings and opinions.
- You make decisions together.
- The relationship feels like it's 50/50.

How many "Green Flags" did you check off on the list?

(enter # here)

Spot some Red Flags?

Feeling controlled by a dating partner or spouse?

Not sure what to do or who to talk to about a **controlling, coercive, abusive or violent** person in your life?

Have questions about **healthy v. unhealthy** relationships?

BLOOM365 advocates are ready to **listen, support and empower** you.

Text or Call: 1-888-606-4673

Web Chat: BLOOM365.org

Instagram DM: @888606HOPE

Reflection

Recognize

Red Flags & Help Seeking

Spot The Red Flags

A RED FLAG is a warning sign that someone could be controlling, abusive or violent. Some red flags might be easier to spot than others, but all of the following behaviors are signs that a dating partner or spouse is using tactics of power and control. Red Flags can be low key, subtle and tough to spot OR high-key, overt and easy to spot.

Read through the RED FLAG Checklist on the next page and think about if you or someone you know has experienced any of these RED FLAGS. If so, check off the box next to the RED FLAG.

Domestic violence isn't just physical. Sometimes it can't be seen.

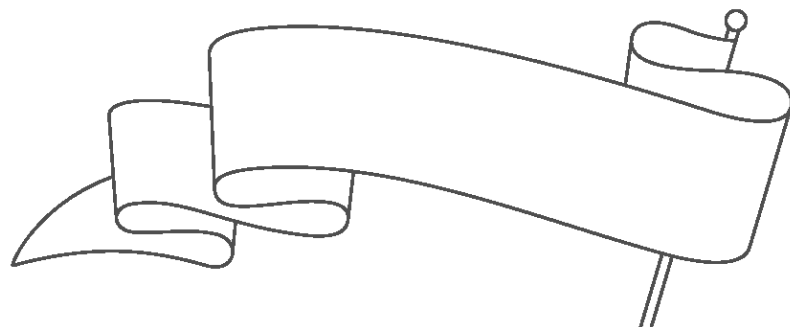
For example:

- **Coercion:** "If you say no, I will just find someone who will say yes."
- **Dominance:** "You belong to me and will do what I say."
- **Emotional Abuse:** "No one else is going to love you."
- **Financial Control:** "If you break up with me, you'll have to repay everything I ever bought for you/spent on you."
- **Humiliation:** "Go ahead and break up with me. I'll send your nudes to everyone."
- **Intimidation:** "Say one more word and you are going to regret it."
- **Isolation:** "If you really cared about me, you would spend your free time with me and not your friends."
- **Jealousy:** "Who are you trying to look good for?"
- **Threats:** "If you break up with me, I'm going to kill myself."

Terminology

Red Flag: Warning sign that someone could be controlling or abusive.

Safety Plan: A personalized plan that helps you determine practical ways to remain safe while in an unhealthy or abusive relationship, before planning to leave or after you leave



WILTING:

PETALS

THE INDIVIDUALS, COMMUNITIES & SYSTEMS RESPONSIBLE FOR PREVENTING DOMESTIC VIOLENCE



STEM

DOMESTIC VIOLENCE IS CAUSED BY POWER & CONTROL, NOT ANGER

CENTER OF THE FLOWER

THE CHARACTERISTICS & RED FLAGS OF DOMESTIC VIOLENCE



ROOTS

THE ROOT CAUSES & RISK FACTORS OF DOMESTIC VIOLENCE - WHY IT HAPPENS



PATTERNS OF DOMESTIC VIOLENCE

MINIMIZING

*"I was just angry."
"It only happened once."*

DENYING

*"I never did that."
"I'm not violent."*

BLAMING

*"You didn't say no."
"You made me do it."*

Domestic Violence is...

Any behavior with the purpose of gaining or maintaining power and control over a dating partner, spouse, intimate partner or family member.

Types of domestic violence:

Verbal, emotional, physical, financial, psychological, coercion and/or sexual abuse.

If you are a young person, age 13-24 and you have witnessed domestic violence or experienced teen dating abuse, sexual violence or gender-based violence...

If you have been threatened or feel unsafe...

If you want to talk to an empathetic, judgment-free advocate who will listen and chat with you...

If you have questions about caring v. controlling relationships...

If you just want to connect with peers for emotional support...

bloom365 trained peer advocates are here to support you.



bloom365

TEXT/CALL: 1.888.606.HOPE (4673)

CHAT: bloom365.org

DM: @888606HOPE

#GoPurple

Emotional Support | Safety Planning | Self-Care | Resource Connections | Peer Support Groups