

## Warning Signs for Teens

- They tell you they can't live without you.
- They blame you for their problems.
- They break or hit things to intimidate you.
- Your weight, appearance, or grades have changed dramatically since you started seeing this person.
- They threaten to hurt themselves or others if you break up with them.
- The person you are dating acts jealous, says jealous things, or exhibits aggressive behaviors towards you.
- They pressure you into having sex, or forces you to do sexual things you don't want to do by saying things like "if you really loved me you would."
- They humiliate you and belittle your opinions.  
The person you are dating slaps or shoves you in a seemingly playful way, but it happens often and doesn't seem right.
- They are jealous and possessive about the time you spend with your friends.
- They are constantly checking up on you and asking where you are and what you are doing.
- The person you date has severe mood swings or constant bad moods.
- They want to limit your other school activities, so you can be together more.
- You're frightened of them and worry about how they will react to things you say or do.
- They want your relationship to get serious too quickly and refuse to take no for an answer.
- They blame past bad relationships on everything or everybody else instead of accepting any of the responsibility.
- They abuse drugs or alcohol and pressures you to take them too even when you don't want to.
- Their statements or actions indicate that they think men should be in control and women should do what they're told.

- The person you're with treats you like property rather than a person they value.
- They call you names, kick, hit, and pushes you.
- They are abusive or aggressive towards inanimate objects and animals.
- The person you are dating forces you to choose being with them over your family and friends.
- They make you feel that their needs and desires come before yours.
- They make you feel afraid to express your own thoughts or feelings, make decisions about how to spend your money, what to wear, where to go, or who to hang out with.
- They lash out or blame you for their bad day.
- Your family and friends have warned you about this person or have told you that they're worried about your safety.
- They may use or own weapons and have a history of violence and fighting.
- They blow disagreements out of proportion.
- The person you are with tells you they dislike your parents and friends.
- They have hit, pushed, choked, restrained, kicked, or physically hurt you.
- They constantly threaten to break up with you, or constantly accused you of planning to break up with them.
- They treat their parents disrespectfully.
- The person you're with often loses their temper with you, verbally assaults you, sometimes threatens you, or brags about mistreating others.
- They want you to be available to them at all times.
- The person you are dating treats their parents badly.
- Abusive incidents are followed by vows of love and pleas for your forgiveness.