



# *Teen Dating Abuse Warning Signs*

**Because all relationships lie on a spectrum, it can be hard to tell when something “crosses the line” from healthy to unhealthy or unhealthy to abusive. You can use these common warning signs to help you figure out how well your relationship is going.**

- Before you met your boyfriend/girlfriend, you had more friends than you do now
- They threaten to break up with you or accuse you of planning to break up with them
- They believe men should be in control and women should do what they’re told
- If they text you, you must respond immediately
- They said “I love you” very early in the relationship
- They want your relationship to get too serious, too fast, and won’t take “no” for an answer
- They pressure you into having sex or force you to do sexual things you don’t want to do by saying, “If you really loved me, you would...”
- They accuse you of things you have not done
- They are violent in other areas of their life: puts fists through walls, throws things when angry, bangs fists to make a point
- They force you to choose between being with them or your friends and family
- They make excuses for their behavior or say that it’s your fault
- Frequently give you “advice” about your choice of friends, clothes, activities, etc.
- They call you names and then laugh and say “I was only kidding” or “You’re too sensitive”
- You frequently have to explain yourself and are often apologizing for something
- You’re afraid of them
- You’re not able to express your feelings or opinions
- They threaten to hurt themselves or you if you break up
- They blame past bad relationships on everyone else instead of accepting responsibility