



Potential Red Flags in Any Relationship!



What if ...

...your partner doesn't respect your desire to wait?

Be cautious anytime someone uses the phrase "If you loved me..." Love is something special shared between two people and should not be used as a tool for manipulation.

What if ...

...your partner doesn't want you to be friends with his friends?

This may not seem like a big issue now, but why the secrets? If someone's secretive about their friends, what else don't you know?

What if ...

..your partner uses violence to achieve a desired goal?

Even if it's just one time, violence breeds violence! Once someone uses violence, it becomes easier to use it in the future.

What if...

...your partner doesn't want you to meet their parents?

Again, why all the secrets? If you two are in a relationship and really like one another, wouldn't you want one another to meet your family and friends?

What if...

...your partner treats you differently when it is just you two?

Girls typically say this if their boyfriend seems really into them when it's just the two of them, but he ignores or makes fun of her when he's with his friends. Boyfriends and girlfriends should respect one another all the time, not just when they're alone.

What if...

...your partner tries to convince you to change?

You should love one another for who you are. Often if one person is trying to convince the other to change, that person is dissatisfied with themselves in some way (i.e. trying to convince you that you are depressed or moody, when they're dealing with personal difficulties and low self-esteem).

These questions are all RED FLAGS about your relationship and your safety. Ask for help if you have questions. You can always call the **Monterey County Rape Crisis Center**.

24 Hour Telephone Hotlines:

**Call 375-HELP in the Monterey area
(831-375-4357)**

**Call 424-HELP in the Salinas areas
(831-424-4357)**

(Your calls are completely confidential.)



Don't ignore red flags!