

UNDERSTANDING RELATIONSHIP RED FLAGS

Red flags are behaviours that may be warning signs of an unhealthy relationship. It is important to note that some red flags may also be, in themselves, a form of abuse and/or coercive control. Examples include:



They monitor or control where you go or who you see / talk to



They make you question your sanity or memory



They invalidate your gender identity and/or expression



They disregard your boundaries



They are inconsistent and have unpredictable moods



They often put you down



They don't take responsibility for their actions / feelings

*Find out more about
signs of healthy and
unhealthy relationships
here:*



UNDERSTANDING RELATIONSHIP GREEN FLAGS



Green flags are behaviours or qualities that indicate a partner will likely take a healthy approach to your relationship. Examples include:



They champion your personal growth and aspirations



They affirm your gender identity and expression



You are free to have your own friendships



You can freely spend the money you earn



You can share your feelings without fear



You can say 'no' and set boundaries



They respect your need for privacy and space

*See the QR code on
the reverse side for
more information*



**LGBTQ
DOMESTIC
VIOLENCE
AWARENESS
FOUNDATION**