

Series A

THAT'S ASSAULT. PEOPLE CAN CHANGE THEIR MINDS DURING SEX.

Engaging in sexual acts with someone without their enthusiastic consent is **SEXUAL ASSAULT**.
When you see a **RED FLAG** in your friend's relationship, say something.

TheRedFlagCampaign.org

THEY'RE ONLY TALKING. IT DOESN'T MEAN THEY'RE HOOKING UP.

All-consuming possessiveness or suspicion is **EXCESSIVE JEALOUSY**.
When you see a **RED FLAG** in your friend's relationship, say something.

TheRedFlagCampaign.org

THAT'S NOT LOVE. THAT'S CONTROL.

Limiting who someone can hang out with is **ISOLATION**.
When you see a **RED FLAG** in your friend's relationship, say something.

TheRedFlagCampaign.org

Why don't you just walk away?

Treating someone poorly and blaming them for it is called **VECTRY BLAMING**.
When you see a **RED FLAG** in your friend's relationship, say something.

TheRedFlagCampaign.org

JK he really loved you, he wouldn't push you.

Using emotional pressure or physical threats to engage in sexual acts is **COERCION**.
When you see a **RED FLAG** in your friend's relationship, say something.

TheRedFlagCampaign.org

YOUR PARTNER'S HERITAGE MAY BE IMPORTANT TO THEM.

Subtle discrimination, intentional or not, against someone from a marginalized group is **MICROAGGRESSION**.
When you see a **RED FLAG** in your friend's relationship, say something.

TheRedFlagCampaign.org

That's really scary. Maybe we should get some help.

Repeated following, harassment, or other unwanted communication is called **STALKING**.
When you see a **RED FLAG** in your friend's relationship, say something.

TheRedFlagCampaign.org

YOU NEED TO CHILL - YOU'RE OBSESSED WITH HIM.

Repeated following, harassment, or other unwanted communication is called **STALKING**.
When you see a **RED FLAG** in your friend's relationship, say something.

TheRedFlagCampaign.org

When you see a **RED FLAG**, say something

Many people want the support and companionship that comes with being in a relationship but not every relationship is healthy or positive. In fact, dating violence happens in 1 out of every 5 college relationships. Sometimes, it takes a friend to notice that someone is being hurt and that their relationship is unhealthy. We have a responsibility to watch out for our friends and each other.

Look at the examples below to see how your friends are doing in their relationships:

SIGNS OF A HEALTHY RELATIONSHIP	When each person...	RED FLAG	FOR DATING VIOLENCE	When each person...
COMMUNICATION	• Shares thoughts and ideas • Is a good listener • Uses respectful language and gestures • Resolves disagreements	TRUST	JEALOUSY	• Jealousy often controls their partner • Gets angry when their partner spends time with other people
TRUST	• Is honest and accountable to partner • Is dependable • Respects partner	CONNECTION	ISOLATION	• Makes their partner "only" for spending time with other people • Prevents their partner to get up activities they enjoy • Makes all the decisions in the relationship
CONNECTION	• Has support from friends, family, and loved ones • Feels free to allow people to rely on outside partner	BALANCE	COERCION	• Forces their partner's wishes or needs • Manipulates or forces partner to do something against their will
BALANCE	• Has equal decision-making power with partner • Is able to "give" and "take" in the relationship	SAFETY	SEXUAL ASSAULT	• Forces their partner to have sex or do sexual things • Disregards partner's physical boundaries
SAFETY	• Is emotionally supportive and encouraging • Is present	BOUNDARIES	STALKING	• Harasses someone to the point of fear • Frequently follows or tries to show up unexpectedly • Uses their past or current relationship to someone, directly or through friends
UNDERSTANDING	• Respects someone's personal time and privacy • Recognizes a person's right to end a relationship • Recognizes when to report suspicious behavior	UNDERSTANDING	MICROAGGRESSIONS	• Harasses or belittles their partner's identity • Mocks or teases or humiliates or undermines or devalues their partner's individual experiences

To find out more, visit TheRedFlagCampaign.org

If you or a friend is dealing with an unhealthy relationship, call the Virginia Statewide Hotline at [800-331-3131](tel:800-331-3131) to test an advocate, text us at [814-633-6300](tel:814-633-6300) or visit our website to chat with an advocate. [800-331-3131](tel:800-331-3131) and operates www.loveisrespect.org

www.loveisrespect.org

Series B

Why are you sticking with him? You deserve better.

Put-downs, name-calling, and other degrading comments are **EMOTIONAL ABUSE**. When you see a **RED FLAG** in your friend's relationship, say something.

TheRedFlagCampaign.org

What's wrong with talking? It doesn't mean they're hooking up.

All-owning possessiveness or suspicion is **EXCESSIVE JEALOUSY**. When you see a **RED FLAG** in your friend's relationship, say something.

TheRedFlagCampaign.org

That's not love. That's control.

Limiting who someone can hang out with is **ISOLATION**. When you see a **RED FLAG** in your friend's relationship, say something.

TheRedFlagCampaign.org

Why don't you just walk away?

Treating someone poorly and blaming them for it is called **VIOLENT BLAMING**. When you see a **RED FLAG** in your friend's relationship, say something.

TheRedFlagCampaign.org

If he really loved you, he wouldn't push you.

Using emotional pressure or physical threats to engage in sexual acts is **COERCION**. When you see a **RED FLAG** in your friend's relationship, say something.

TheRedFlagCampaign.org

That's messed up. Are you looking to catch a rape charge?

Getting someone drunk or high so they can't give clear consent is **SEXUAL ASSAULT**. When you see a **RED FLAG** in your friend's relationship, say something.

TheRedFlagCampaign.org

That's really disturbing. I think we should get some help.

Repeated following, harassment, or other unwanted communication is called **STALKING**. When you see a **RED FLAG** in your friend's relationship, say something.

TheRedFlagCampaign.org

You need to call — you're obsessed with her.

Repeated following, harassment, or other unwanted communication is called **STALKING**. When you see a **RED FLAG** in your friend's relationship, say something.

TheRedFlagCampaign.org

When you see a RED FLAG, say something.

Many people want the support and help of friends, but there are limits to what is a relationship. But one never submitting to healthy or unhealthy. All friends who have a responsibility to watch out for each other.

Someone it takes a friend to see that and person is being hurt and the relationship is unhealthy. All friends who have a responsibility to watch out for each other.

That's why when you see a **RED FLAG**, say something.

Look at the examples below to see how your friends are doing in their relationships.

SCORES OF A HEALTHY RELATIONSHIP	What each person...	RED FLAG FOR DATING VIOLENCE	When a person...
COMMUNICATION	<ul style="list-style-type: none"> Share thoughts and ideas Has good listening Values respectful dialogue and partners Does not engage in... 	<ul style="list-style-type: none"> Only talks to partner and does not speak to others Only talks to partner and does not speak to others 	
TRUST	<ul style="list-style-type: none"> Is honest and accountable to partner Respects partner 	<ul style="list-style-type: none"> Control partner's movements by checking their partner's location Blames partner for not being honest 	
RESPECT	<ul style="list-style-type: none"> Doesn't engage in threats and insults Respects partner's right to end a relationship 	<ul style="list-style-type: none"> Uses physical force to control partner Threatens partner to give an ultimatum for the relationship Blames the partner for the relationship 	
BALANCE	<ul style="list-style-type: none"> Has equal decision-making power with partner Has skills to "give" and "take" on the relationship 	<ul style="list-style-type: none"> Expects partner to provide all needs Doesn't respect partner's right to end a relationship 	
SAFETY	<ul style="list-style-type: none"> Is emotionally supportive and encouraging Is patient 	<ul style="list-style-type: none"> Engages in physical assault Threatens partner's safety Engages in physical assault 	
BOUNDARIES	<ul style="list-style-type: none"> Respects partner's personal time and privacy Recognizes a partner's right to end a relationship Respects partner's right to express negative feelings 	<ul style="list-style-type: none"> Obsesses partner to the point of fear Threatens partner's safety Engages in physical assault 	

To find out more, visit TheRedFlagCampaign.org

If you or a friend is dealing with an unhealthy relationship, call the NATIONAL DOMESTIC VIOLENCE HELPLINE at 1-800-799-SAFE (7233) 24/7. It's FREE, CONFIDENTIAL, and operates 24 HOURS A DAY.



Series C

WHEN I SAID I DIDN'T WANT TO SEND HIM NUDES, HE PRESSED ME AND SAID EVERYONE ELSE DOES IT.

YOU HAVE A RIGHT TO HAVE YOUR BOUNDARIES RESPECTED.

Using emotional pressure or physical threats to engage in sexual or intimate acts is **COERCION**.

When you see a **RED FLAG** in a friend's relationship, say something. TheRedFlagCampaign.org

MY BOYFRIEND WON'T LET ME POST VACATION PHOTOS IN MY SWIMSUIT. HE ACCUSES ME OF WANTING ATTENTION FROM OTHER GUYS.

IT SOUNDS LIKE YOUR BOYFRIEND SHOULD LEARN ABOUT BOUNDARIES.

Possessiveness or suspicion that limits a person's autonomy is **CONTROLLING JEALOUSY**.

When you see a **RED FLAG** in a friend's relationship, say something. TheRedFlagCampaign.org

MY GIRLFRIEND DOESN'T LIKE WHEN I GO OUT WITH MY FRIENDS WITHOUT HER.

IT'S HEALTHY TO HAVE A LIFE OUTSIDE OF YOUR RELATIONSHIP.

Restricting who someone can spend time with or where they go is **ISOLATION**.

When you see a **RED FLAG** in a friend's relationship, say something. TheRedFlagCampaign.org

AS LONG AS THEY DON'T SAY NO BEFORE OR DURING SEX, IT'S CONSENSUAL.

DID YOU GET THEIR CONSENT OR ARE YOU JUST MAKING ASSUMPTIONS?

Engaging in sexual acts with someone without their enthusiastic consent is **SEXUAL ASSAULT**.

When you see a **RED FLAG** in a friend's relationship, say something. TheRedFlagCampaign.org

WHEN MY PARTNER'S UPSET, HE SAYS I'M UNLOVABLE, BUT LATER HE SHOWERS ME WITH AFFECTION.

BEING NICE SOMETIMES DOESN'T GIVE THEM THE RIGHT TO HURT YOU OTHER TIMES.

A cycle of hurtful behaviors followed by insincere, overly kind gestures is **EMOTIONAL ABUSE**.

When you see a **RED FLAG** in a friend's relationship, say something. TheRedFlagCampaign.org

I TOLD HER I WASN'T INTERESTED MONTHS AGO, BUT I HAVE TO BLOCK HER ON EVERYTHING. SHE WON'T STOP MESSAGING ME.

SHE SHOULD RESPECT YOUR BOUNDARIES.

Repeated following, surveilling, harassing, or other unwanted or threatening communication is **STALKING**.

When you see a **RED FLAG** in a friend's relationship, say something. TheRedFlagCampaign.org

I TOLD MY DATE THAT OUR SERVER WAS TREATING ME DIFFERENTLY BECAUSE OF MY RACE AND HE SAID I'M BEING TOO SENSITIVE.

HE SHOULDN'T MINIMIZE YOUR EXPERIENCE JUST BECAUSE IT DIDN'T HAPPEN TO HIM.

Subtle discrimination, intentional or not, against someone from a marginalized group is a **MICROAGGRESSION**.

When you see a **RED FLAG** in a friend's relationship, say something. TheRedFlagCampaign.org

MY PARTNER LIKES THAT I DON'T "LOOK TRANSGENDER" AND THAT I LOOK LIKE A "REAL GIRL"

THAT'S NOT OKAY. YOU DESERVE A PARTNER WHO IS RESPECTFUL OF YOUR IDENTITY.

Subtle discrimination, intentional or not, against someone from a marginalized group is a **MICROAGGRESSION**.

When you see a **RED FLAG** in a friend's relationship, say something. TheRedFlagCampaign.org

When you see a **RED FLAG**, say something.

Many people want the support and companionship that comes with being in a relationship, but our society's attitudes to healthy or abusive. In fact, dating violence happens in 1 out of every 5 college relationships. Sometimes, it takes a friend to see that someone is being hurt and that their relationship is unhealthy. We have a responsibility to look out for our friends and each other.

Look at the examples below to see how your friends are doing in their relationships:

SIGNS OF A HEALTHY RELATIONSHIP	WHEN EACH PERSON...	RED FLAG FOR DATING VIOLENCE	WHEN EACH PERSON...
COMMUNICATION	• Shares thoughts and feelings • Is a good listener • Uses respectful language and gestures • Consents to relationships	TRUST	• Demands and accuses their partner of infidelity • Jealousy • Constantly checking their partner's phone
TRUST	• Is honest and accountable to partner • Is a good listener • Respects partner	CONTROL	• Demands to know where their partner is going • Restricts their partner's freedom • Isolates their partner from family and friends
CONNECTION	• Has support from friends, family, and loved ones • Feels safe and other people to help in healthy partner	ISOLATION	• Demands to know where their partner is going • Restricts their partner's freedom • Isolates their partner from family and friends
BALANCE	• Has equal decision-making power with partner • Is able to "say no" and "no" to the relationship	SEXUAL ASSAULT	• Forces their partner to have sex or to have sex without their consent
SAFETY	• Is emotionally supportive and encouraging • Is patient	COERCION	• Demands that their partner do things they don't want to do • Threatens to harm their partner or someone they care about
RESPECT	• Respects someone's personal beliefs and opinions • Recognizes a person's right to end a relationship • Recognizes when to report inappropriate behavior	STALKING	• Repeatedly follows their partner • Harasses their partner • Threatens to harm their partner or someone they care about
INDEPENDENCE	• Able to understand and value themselves, their differences • Makes and honors their partner's choices	EMOTIONAL ABUSE	• Repeatedly humiliates their partner • Threatens to harm their partner or someone they care about

To find out more, visit TheRedFlagCampaign.org

If you or a friend is dealing with an unhealthy relationship, call the Virginia Statewide Hotline at 1-800-877-8289. To text an advocate, text or call 877-878-8889 or visit our website to chat with an advocate. In VA, call 800-877-8289 and type **RED FLAG**.

Series D

SOMETIMES I TELL MY DATE THAT I'M NOT IN THE MOOD, BUT THEY START TOUCHING ME ANYWAY.

YOU DON'T OWE YOUR DATE SEX.

Using emotional pressure or physical threats to engage in sexual or intimate acts is **COERCION**.

When you see a **RED FLAG** in a friend's relationship, say something. TheRedFlagCampaign.org

I SECRETLY CHECK MY PARTNER'S PHONE TO SEE WHO THEY'VE BEEN TEXTING.

YOUR PARTNER IS ALLOWED TO TALK TO OTHER PEOPLE.

Possessiveness or suspicion that limits a person's autonomy is **CONTROLLING JEALOUSY**.

When you see a **RED FLAG** in a friend's relationship, say something. TheRedFlagCampaign.org

MY PARTNER DOESN'T LIKE WHEN I TALK WITH MY FRIENDS. HE SAYS THEY'RE TRYING TO BREAK US UP.

YOUR PARTNER SHOULDN'T TRY TO BREAK UP YOUR FRIENDSHIPS.

Restricting who someone can spend time with or where they go is **ISOLATION**.

When you see a **RED FLAG** in a friend's relationship, say something. TheRedFlagCampaign.org

WE WERE IN THE MIDDLE OF HOOKING UP WHEN SHE ASKED ME TO STOP, BUT I KEPT GOING.

THAT'S ASSAULT. PEOPLE CAN CHANGE THEIR MINDS DURING SEX.

Engaging in sexual acts with someone without their enthusiastic consent is **SEXUAL ASSAULT**.

When you see a **RED FLAG** in a friend's relationship, say something. TheRedFlagCampaign.org

SOMETIMES MY PARTNER IS REALLY MEAN TO ME, BUT THEY ALWAYS MAKE UP FOR IT WITH BIG ROMANTIC GESTURES.

TAKING RESPONSIBILITY FOR THEIR BEHAVIOR IS A MORE MEANINGFUL ROMANTIC GESTURE.

A cycle of hurtful behaviors followed by insincere, overly kind gestures is **EMOTIONAL ABUSE**.

When you see a **RED FLAG** in a friend's relationship, say something. TheRedFlagCampaign.org

MY EX BLOCKED ME BECAUSE I WAS USING THEIR SOCIAL MEDIA TO FIND THEM, BUT THAT WON'T STOP ME.

THAT SOUNDS LIKE STALKING.

Repeated following, surveilling, harassing, or other unwanted or threatening communication is **STALKING**.

When you see a **RED FLAG** in a friend's relationship, say something. TheRedFlagCampaign.org

I DON'T SEE COLOR WHEN I LOOK AT MY PARTNER, JUST A PERSON.

YOUR PARTNER'S HERITAGE MAY BE IMPORTANT TO THEM.

Subtle discrimination, intentional or not, against someone from a marginalized group is a **MIcroAGGRESSION**.

When you see a **RED FLAG** in a friend's relationship, say something. TheRedFlagCampaign.org

MY BOYFRIEND SAYS I SHOULD JUST MAKE DINNER ALL THE TIME BECAUSE HE CAN'T COOK.

DOES THAT FEEL FAIR TO YOU? HE'S PERFECTLY CAPABLE OF LEARNING.

Subtle discrimination, intentional or not, against someone from a marginalized group is a **MIcroAGGRESSION**.

When you see a **RED FLAG** in a friend's relationship, say something. TheRedFlagCampaign.org

When you see a **RED FLAG**, say something

Many people want the support and companionship that comes with being in a relationship but not every relationship is healthy or positive. In fact, **DATE VIOLENCE** happens in 1 out of every 5 college relationships. Sometimes, it takes a friend to see that someone is being hurt and that their relationship is unhealthy. We have a responsibility to watch out for our friends and each other.

Look at the examples below to see how your friends are doing in their relationships:

SIGNS OF A HEALTHY RELATIONSHIP	RED FLAG	FOR DATING VIOLENCE
COMMUNICATION • Shows respect for each other • Is a good listener • Does respectful things and problem solves (no judgement)	ISOLATION • Restricts who you can spend time with or where you go • Tries to break up your friendships	ISOLATION • Tries to break up your friendships • Tries to break up your friendships
TRUST • Is honest and accountable to partner	CONTROLLING JEALOUSY • Possessiveness or suspicion that limits a person's autonomy	CONTROLLING JEALOUSY • Possessiveness or suspicion that limits a person's autonomy
CONNECTION • Has a good time together, funny and kind • Can be silly together • Can be silly together	EMOTIONAL ABUSE • A cycle of hurtful behaviors followed by insincere, overly kind gestures	EMOTIONAL ABUSE • A cycle of hurtful behaviors followed by insincere, overly kind gestures
RESPECT • Has mutual decision-making power with partner • Is willing, open, and honest in communication	COERCION • Using emotional pressure or physical threats to engage in sexual or intimate acts	COERCION • Using emotional pressure or physical threats to engage in sexual or intimate acts
EQUALITY • Is involved in responsibilities and prioritizing in a partnership	SEXUAL ASSAULT • Engaging in sexual acts with someone without their enthusiastic consent	SEXUAL ASSAULT • Engaging in sexual acts with someone without their enthusiastic consent
RESPECTFULNESS • Respects someone's cultural (traditions, religion, etc.) • Respects someone's right to a relationship • Respects someone's right to a relationship	STALKING • Repeated following, surveilling, harassing, or other unwanted or threatening communication	STALKING • Repeated following, surveilling, harassing, or other unwanted or threatening communication
RESPECTFULNESS • Respects someone's cultural (traditions, religion, etc.) • Respects someone's right to a relationship • Respects someone's right to a relationship	MIcroAGGRESSION • Subtle discrimination, intentional or not, against someone from a marginalized group	MIcroAGGRESSION • Subtle discrimination, intentional or not, against someone from a marginalized group

To find out more, visit TheRedFlagCampaign.org

If you're a friend to someone in an unhealthy relationship, call the Virginia Statewide Helpline at **1-800-458-5253**. To see an interactive list of **RED FLAGS** or visit our website to chat with our advocates, visit TheRedFlagCampaign.org and explore **OUR RED FLAG**.