

8 Warning Signs of Unhealthy Relationships

Relationships are always a work in progress. No relationship is perfect. Relationships are complicated, and no two relationships are ever the exact same. Relationships can be confusing, frustrating, empowering, exciting, and so much more.

Thinking through the possible warning signs of an unhealthy relationship can help us notice red-flags in our own relationships. It's important to be aware of the **warning signs**:

1 FEELING IN DANGER

If you feel like you're in danger or unsafe, even if you don't have concrete examples of being in danger, or if you can't quite put your finger on it, that can be a sign of an unhealthy relationship. You should not feel worried or anxious about your safety with your partner.

2 BEING ISOLATED

You deserve to be connected to your support systems, peers and caring adults. If we feel like our partner is trying to isolate us from our community, that can be a big red flag.

3 LACK OF CONSENT OR RESPECT FOR BOUNDARIES

You have the right to make decisions over your body, your life and your relationships. You should never feel pressured into doing something you don't want to. Your body, your choice. Boundaries are guidelines that we set between us and other people in ourselves to help make us feel safe and comfortable. An example of a boundary is no holding hands together in public. You have the right to set your own boundaries and to have those boundaries respected.



4

CO-DEPENDENCE

If you feel like your entire world revolves around your partner and you feel like you can't be without that person your relationship may be codependent it means you always feel like you need to spend all of your time and energy on your partner above and beyond everyone else.

5

MANIPULATION

Manipulation is when your partner lies, deceives or tricks you. If you often feel like your partner is trying to control your actions or your feelings this could be something to reflect on. For example, if your partner is always monitoring your posts and telling who you should be friends with on social media you may want to ponder.

6

UNHEALTHY COMMUNICATION

You should not feel scared to communicate your needs, or to start up a conversation with your partner.

7

ALWAYS WORRYING ABOUT YOUR RELATIONSHIPS

You shouldn't always be worried about your relationship. All relationships go through ups and downs, but you shouldn't be constantly panicked that the relationship might end, or that your partner might break up with you spontaneously.

8

LACK OF RESPECT

If you consistently feel that your partner does not respect you (e.g., your ideas, values, interests) this could be something to continue thinking about it.

If you're worried about your relationship, or don't feel safe - you can find resources and help here and here.

We're all different and some things that might be warning signs to you, might not have been captured above. That doesn't mean you aren't noticing something important. Trust your gut and trust yourself.



This resource was created by the PREVNet National Youth Advisory Committee on Youth Dating Violence. For more information and additional resources, please visit youthdatingviolence.prevnet.ca/learn-more/everyone/