

8 Warning Signs of Unhealthy Relationships

No relationship is perfect. They 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:

1 Feeling in Danger

You should not feel worried or anxious about your safety with your partner

2 Being Isolated

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

4 Lack of Independence

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

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 Relationship

All relationships go through ups and downs, but you shouldn't be constantly panicked that the relationship might end

8 Lack of Respect

If you consistently feel that your partner does not respect you, this could be something to think about



This resource was created by the PREVNet National Youth Advisory Committee on Youth Dating Violence. For more information, concrete examples, and resources, scan the QR code or visit youthdatingviolence.prevnet.ca/poster

