

Red Flags for Women in New Relationships

When you first start dating someone, there are some clues that they will give to let you know that they might be abusive and controlling. Looking out for these clues will allow you to end a relationship before it becomes too emotionally involved. Be very careful when you see these signs and do what you must to protect your health and safety. Once this person has an attachment to you they may already be a threat.

Remember, you deserve the best!!

- 1. that it makes them feel jealous or insecure.
- 2. Tries to control what you wear or don't wear. They might say you are too pretty for make-up etc. Can subtly let you know that they consider short clothing etc. as bad or immoral.
- 3. Likes to scare you then says it is a joke or that you can't take a joke.
- 4. Wants to know where you are and what you are doing. This can be accomplished by telling you that they want to be able to reach you at all times because they enjoy your company so much. Other ways include offering you rides everywhere or acting strange when you return from an unknown outing.
- 5. Tells other people things about you that embarrass you or make you feel like you can't do anything right. They might imply that you shouldn't be so sensitive.
- 6. Gets 'carried away' during horseplay.
- 7. Criticizes your friends or tells you things about them that make you feel less of them. Often these stories will have a grain of truth to them and they are hard to disprove.
- 8. Is often depressed or withdrawn and won't discuss it with you. If they do discuss it with you it is usually a major trauma that has happened to them and it is designed to make you feel unable to confront them on negative behaviour. (the event may or may not have happened)
- 9. Has traditional or old-fashioned ideas about how people should act, dress or where they should go.

- Won't let you talk to other people. They say 10. Becomes angry or violent with you or others when they are using drugs or alcohol.
 - 11. Forces you to do things sexually that you don't feel ready for. Might joke that you are immature or frigid.
 - 12. Makes degrading jokes about women or displays an interest in women that makes you feel upset or insecure.
 - 13. Engages you in conversations about commitment before you are certain how you feel about this relationship.
 - 14. Puts down the women from past relationships, calling them sluts, stupid, lazy or fat etc.
 - 15. Is extremely charming and attentive. They might ignore other aspects of their life so that they can be with you.
 - 16. Doesn't allow you to meet their family or friends or makes sure you are never alone with them. If you already know someone close to them, they might tell you something about them to make you not trust them and what they have to r company so much. Other ways include offering you rides everywhere or acting strange when you return from an unknown outing.
 - 17. Becomes very angry over little things and argues with you. They might later give some excuse for the outburst that will make you feel sympathy for them.