

Decoding Dating: Green, Yellow, & Red Flags

Instructions:

- In small groups, take turns reading each scenario aloud.
- Engage in group discussion about whether the scenario falls into the green, yellow, or red flag category. It's okay if there are disagreements!
- Explain your rationale for categorizing the scenario

Your partner comes over for dinner. You ask them about their day and they start venting about co-workers and classmates. You listen to them and validate their experiences. By the end of the night, you realize they never asked you about your day.

Sample of our Decoding Dating: Green, Yellow, & Red Flags Game



You're getting ready to go out with friends. You are loving your look. You go to tell your partner goodbye. They say, "Wow, you look amazing! Have fun and tell your friends I said hi!"

Lately, you've been feeling insecure about your body. You make a negative comment about it. Your partner looks at you sweetly and says, "Hey, don't talk to the person I love like that. You're beautiful. You're perfect the way you are. I love you. I love your body. I love all of you."

Your partner asks you to take down some of your pictures on social media. The pics feature you at the beach in a swimsuit. They say, "I'm not comfortable with you posting those kinds of photos. If you want to do that, and that feels good to you, go ahead, you're free to. But I can't be with someone who does that."

You've been having fun spending time with your new partner, but you're starting to miss your friends. You text your partner that you're not able to hang out tonight. They reply, "I'm going to miss you so much! Are you sure you don't want to come over?" You let them know that you need time with your friends. They respond, "Where are you all going? I can meet you there!"

When you engage in intimate acts, you feel safe. You and your partner are attentive to each other's signals and regularly check-in.

After a disagreement, your partner says, "I don't know why you behave the way you do. I'm the perfect partner. I treat you well. I shouldn't have to put up with this. You should be thankful you're with someone like me. No one else would love you like I do."