

Say something.

THE RED FLAG CAMPAIGN

### Situations:

Accuses you of things that aren't true  
Apologizes for their partner  
Believes you're incapable of achievement  
Blame you for unhappiness  
Blames others for their mistakes  
Calls 10+ times a day  
Calls you crazy  
Can't talk to the opposite sex  
Cheating but still demands control  
Comes on TOO strong  
Compares me to his ex  
Constantly makes you nervous  
Constantly puts you down  
Controls what you wear  
Cruel to animals or children  
Decides where you can go  
Decides whom you can talk with  
Demands sex  
Demands you check in  
Disapproving looks  
Disregard your opinion  
Don't care about your feelings  
Embarrasses you on purpose  
Emotionally distant  
Everything is always your fault  
Fights for no reason  
Frequent injuries from accidents

Happy when you feel down  
He controls what I wear  
He makes me think I'm fat  
He talks with other guys at parties  
He thinks I'm stupid  
He treats me like a child  
He wants to be with me  
He won't let me drive anywhere  
He won't leave me alone  
He won't respond to my messages  
I can't hang out with friends  
I didn't want to put her down  
I have to check in with him  
I know where to find him  
I need to get her wasted  
If I love him, I'll have sex  
Invalidate their abusive behavior  
Isolated from friends and families  
Keep you on a short leash  
Lack of empathy  
Make excuses for behavior  
Make subtle threats  
Make you walk on eggshells  
Makes everything your fault  
Makes you "prove" your love  
Misses school or cancel plans  
Monitors your spending  
No compassion  
No one else would want me

Past involving violence  
Play the victim  
Pretends they have no flaws  
Put you down  
Refuses to communicate  
Remind you of your failures or flaws  
Resort to pouting or withdrawal  
Rude to family members  
Share personal info about your relationship  
She just wouldn't shut up  
She should be enough  
Shows up unexpectedly  
Tells demeaning jokes about me  
They are always right  
Threatening to kill someone  
Unpleasant tone  
Use abandonment to frighten you  
Use of sarcasm  
Use sex as manipulation  
Visible marks or bruises  
Wants your passwords  
We broke up 6 months ago  
Withdrawal of affection  
You constantly monitor me  
You control where I go  
You need permission

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## Shepherd University Red Flag Campaign

### Sample Red Flag Statements to Consider

#### Abuse-based statements:

Always criticizes my friends and family  
Are you crazy?  
Can you think?  
Can't you take a joke?  
Constantly checks my social media  
Constantly checks my texts  
Cute when you concentrate  
Don't spread our business!  
He didn't mean it.  
He threatens to "out" me  
How dare you?  
I always feel afraid.  
I always feel guilty.  
I am always doing something wrong.  
My partner embarrasses me.  
I avoid topics or situations.  
I can do better.  
I can't believe I love you.  
I can't do anything right.  
I have nothing to hide.  
I hoped you were less experienced.  
I was annoying him.  
I will take our kids if you leave me.  
I'm going to kill you.  
I'm going to rub your nose in its mess.

you loved me...  
It's my fault he hit me.  
It's ok if he looks through my cell phone.  
Let me do the talking.  
Nickel and dime me  
No one else will love you.  
No one likes my partner.  
Normal people would understand.  
Nothing is right  
People listen to men.  
Saying "I love you but..."  
Stalks me  
Stop acting like a whore!  
Take a shower.  
This isn't angry!  
Wants to spend all his time with me.  
Without me, you are nothing.  
You are dumb.  
You are helpless.  
You are my property.  
You are not my equal.  
You are ugly.  
You are useless.  
You can't see your friends.  
You love friends more.  
You should know how to please me.

If You took a vow in front of God.  
You used to be prettier.  
You weigh THAT much.  
You will KNOW when I'm ANGRY.  
You're always to blame.  
You're an imbecile.  
You're dumb.  
You're not who I thought you were.  
You're scared?  
You're so out of style.  
You're too sensitive.  
Your dress is too short.  
Your opinion isn't important.

#### Words:

Anger  
Bad Temper  
Belittle you  
Chastise  
Clingy  
Coercion  
Commit Suicide  
Constant Blame  
Constant reaffirmation  
Constantly Checking  
Controlling  
Crazy

Criticize  
DemEAN  
Denial  
Destroy Belongings  
Disrespectful  
Disrespectful  
Domination  
Domination  
Easily Insulted  
Embarrass  
Emotional Abuse  
Emotionally Numb  
Extreme moodiness  
Fear  
Forced Sex  
Gives punishment  
Gross  
Guilt  
Guilt trips  
Harm Children  
Helpless  
Humiliate  
Hurt  
Hypercritical  
Hypersensitive  
Idiot  
Ignore you  
Isolation  
Jealousy

Limit Access  
Limit Money  
Looks for Fights  
Manipulative  
Mean jokes  
Mistreatment  
Moron  
Murder  
No boundaries  
No respect  
Overly judgmental  
Overly Needy  
Overly suspicious  
Paranoid  
Possessive  
Provocative  
Psychological abuse  
Punishes  
Reject  
Rigid gender roles  
Rude  
Sabotage friendships  
Sets rules  
Sexual Assault  
Shame  
Shares secrets  
Slut  
Sneaky  
Stalking

Temper  
Threatening suicide  
Toxic  
Trivialize you  
Unrealistic Expectations  
Uses Force  
Victim Blaming  
  
Yelling