

# Green VS. Red Flags

We use the term “green flag” to highlight positive actions or traits. These are usually signs of healthy behaviors. Some relationship green flags include:

- You talk openly about problems and listen to one another. You respect each other’s opinions.
- You value each other’s opinions, feelings, and needs. You give each other the freedom to be yourself and be loved for who you are.
- You believe what your partner has to say and don’t feel the need to “prove” each other’s trustworthiness.
- You’re honest with each other but can keep some things private.
- You make decisions together and hold each other to the same standards. You and your partner have equal say in significant decisions within the relationship. All partners have access to the resources they need.
- You enjoy spending time apart, alone, or with others. You respect each other’s need for time and space apart. You communicate with each other about what you dislike.
- You talk openly about physical, sexual, and reproductive choices together. All partners always willingly consent to sexual activity and can safely discuss what you are and aren’t comfortable with.
- For parents or co-parents: All partners can parent in a way they feel comfortable with. You communicate together about the needs of the child(ren) and the needs of each other as their parents.

Watch out for these red flags and if you’re experiencing one or more of them in your relationship, call one of these [resources](#) to talk about what’s going on.

- [Embarrassing or putting you down](#)
- Looking at you or acting in ways that scare you
- Controlling who you see, where you go, or what you do
- Preventing you or discouraging you from seeing your friends or families
- [Taking your money or refusing to give you money for expenses](#)
- Preventing you from making your own decisions
- Telling you that you are a bad parent or [threatening to harm or take away your children](#)
- Preventing you from working or attending school
- Blaming you for the abuse, or acting like it’s not really happening
- Destroying your property or threatening to hurt or kill your pets
- [Intimidating you with guns, knives, or other weapons](#)
- Shoving, slapping, choking, or hitting you
- Attempting to stop you from pressing charges
- [Threatening to commit suicide](#) because of something you’ve done
- Threatening to hurt or kill you
- [Pressuring you to have sex](#) when you don’t want to or do things sexually you’re not comfortable with
- Pressuring you to use drugs or alcohol
- [Preventing you from using birth control or pressuring you to become pregnant when you’re not ready](#)