



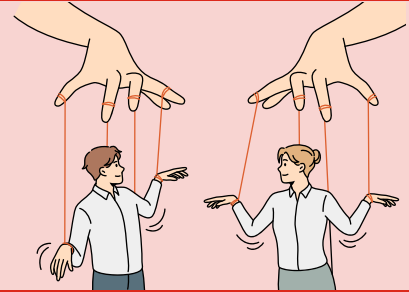
Green Flags vs. Red Flags:

In Teen Relationships

Mutual Respect



Controlling Behavior



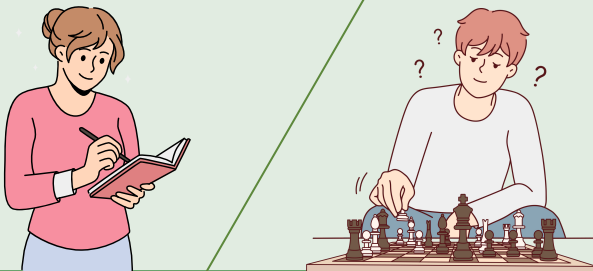
Honesty & Security



Dishonesty & Insecurity



Individuality



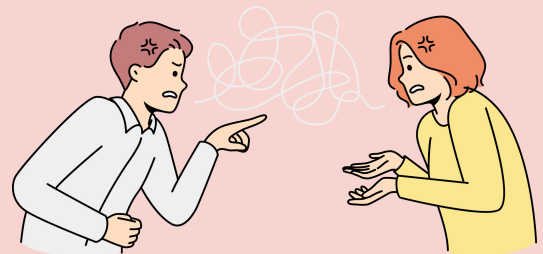
Codependency



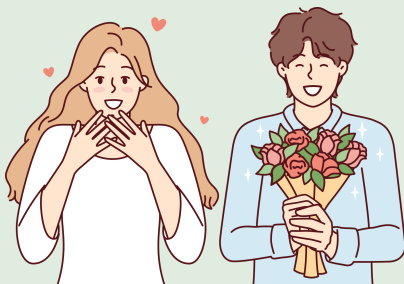
Good Communication



Frequent Arguments



Respect & Kindness



Violence of Any Kind





Green Flags vs. Red Flags:

What's The Difference?

Mutual Respect

- Both teen and partner consistently respect one another's boundaries.
- Both teen and partner consider one another's feelings and needs, as well as advocating for their own.

Controlling Behavior

- Teen gives up hobbies, friends, passions.
- Teen makes big life decisions rashly or with too much consideration of partner.
- Teen's partner is possessive: constantly checking in and angry at no response.

Honesty & Security

- Both teen and partner consistently tell the truth, no matter how difficult.
- There is a balance of power in the relationship; there is respect, equality, and unconditional love both ways.

Dishonesty & Insecurity

- Partner needs constant reassurance that teen will stay with them; clingy behavior.
- Partner is jealous, angry, or anxious when teen hangs out with others; may demand access to passwords, phone, or socials.

Individuality

- Both teen and partner maintain their own interests, friendships, and hobbies while in a relationship.
- Both prioritize self-care and spending time separately, as well as together.

Codependency

- Either teen, partner, or both help the other too much; may struggle to be alone.
- Either teen, partner, or both cancel plans to spend time with each other; their relationship may progress too quickly.

Good Communication

- Both teen and partner are able to resolve conflict consistently and respectfully without escalating.
- Compromise is prioritized, and both feel heard and understood after conflict.

Frequent Arguments

- Teen and partner have difficulty navigating conflict, both small and large, without arguing or resorting to unhealthy or manipulative tactics, like stonewalling, defensiveness, or blaming.

Respect & Kindness

- Both teen and partner value each other's thoughts, feelings, and beliefs.
- Both make an effort to show the other love, kindness, and understanding.
- Both are committed to one another.

Violence of Any Kind

- Teen seems worried about angering or upsetting partner; has stopped spending time with friends and family.
- Teen displays changes in personality; may have suspicious bruises or injuries.