

**Dating Abuse Red Flags**

Physical	Emotional/Psychological
hitting	isolating a dating partner from their friends
grabbing	lying
scratching	undue suspicion (“checking on” someone constantly through continuous text messages or phone calls)
shoving	jealous behavior
biting	threatening
pinching	scaring someone
choking	cheating
shaking	making someone feel guilty
pushing	spreading rumors
spitting	threatening to hurt oneself
pulling hair	using sexually derogatory names
throwing things	driving or acting recklessly to scare someone
preventing someone from leaving	humiliating someone publicly or privately
forcing unwanted sexual activity including rape	insulting someone
damaging personal property	showing inappropriate anger
using a weapon	stalking
	using technology to abuse a dating partner
	name-calling
	mocking
	criticizing
	ignoring someone’s feelings