



Empowering survivors of

Gender-Based Violence

RED FLAG CHECKLIST

Recognising Warning Signs in Relationships

Trust Your Instincts

If something feels controlling, uncomfortable, intimidating, or unsafe, pay attention to those feelings. Tick any warning signs that you have experienced, observed, or are concerned about.

Control

- ☐ Tells me what I can or cannot do.
- ☐ Expects to know where I am at all times.
- ☐ Tries to make decisions for me.
- ☐ Controls money, transport, or access to resources.
- ☐ Demands constant contact or immediate responses.

Jealousy & Possessiveness

- ☐ Becomes jealous without reason.
- ☐ Accuses me of being unfaithful.
- ☐ Dislikes me spending time with others.
- ☐ Wants all my attention.
- ☐ Treats others as a threat to the relationship.

Isolation

- ☐ Discourages me from spending time with family or friends.
- ☐ Makes me feel guilty for seeing other people.
- ☐ Causes conflict whenever I make independent plans.
- ☐ Has reduced my support network.
- ☐ Makes me feel increasingly alone.

Emotional Abuse

- ☐ Criticises or humiliates me.
- ☐ Calls me names.
- ☐ Makes me feel "not good enough."
- ☐ Blames me for their behaviour.
- ☐ Uses guilt or manipulation to get their way.

Intimidation & Fear

- ☐ I feel nervous around them.
- ☐ I worry about how they may react.
- ☐ They use threats, anger, or intimidation.
- ☐ They damage property or throw objects during arguments.
- ☐ I feel like I am "walking on eggshells."

Digital Red Flags

- ☐ Demands access to my phone or passwords.
- ☐ Monitors my messages or social media.
- ☐ Checks my location without permission.
- ☐ Invades my privacy online.
- ☐ Becomes angry when I do not respond immediately.

Boundary Violations

- ☐ Does not respect my personal boundaries.
- ☐ Pressures me to do things I am uncomfortable with.
- ☐ Ignores my requests or concerns.
- ☐ Continues behaviour after I have said "no."
- ☐ Disregards my need for personal space or independence.

Healthy Relationships Look Like

Healthy relationships are built on:

- ♥ Respect
- ♥ Trust
- ♥ Honest Communication
- ♥ Equality
- ♥ Independence
- ♥ Support
- ♥ Boundaries Being Respected
- ♥ Feeling Safe

Reflection

Which red flags concern me the most?

How does this relationship make me feel most of the time?

What support or action might I need?

Understanding Your Results

Few or No Red Flags

- Your relationship may be demonstrating healthy relationship behaviours.

Some Red Flags

- Consider whether these behaviours are becoming regular patterns and how they affect your wellbeing.

Multiple Red Flags

- Several warning signs may indicate an unhealthy or abusive relationship. Consider speaking with a trusted person, counsellor, support organisation, or domestic violence service.

Remember

You deserve relationships that are built on:

- Respect
- Trust
- Communication
- Equality
- Safety

You do not deserve:

- Control
- Jealousy
- Isolation
- Intimidation
- Fear