



# STARTING TOUGH CONVERSATIONS

## RELATIONSHIP RED FLAGS

There is not a one-size-fits-all definition of healthy relationships. It can be difficult to gauge a relationship's health when there are so many different definitions of what a healthy relationship looks like. If you think you or someone you know may be in an unhealthy relationship, here are some things you should consider.

### RECOGNIZE THE SIGNS OF AN UNHEALTHY RELATIONSHIP

- Making fun of their partner in front of others or putting down their accomplishments
- Controlling how their partner dresses or where they go
- Making excuses for their partner's behavior
- Calling their partner several times a day to make sure they are where they said where they would be
- Monitoring their partner's cell phone, social media, or email
- Feeling like they are never good enough for their partner
- Blaming their partner for their actions
- Feeling like they walk on eggshells in their relationship. Trying not to make their partner angry or causing conflict
- Being scared of what may happen if they break up with their partner
- Their partner not allowing them to leave when they are having an argument
- Threatening to harm their partner's loved ones or pets
- Grabbing, pushing, or hitting their partner

### OFFER SUPPORT

If you are worried that a friend, family member, or a fellow Marine is in an unhealthy relationship, and you are not sure if abuse is occurring, talk to them. Be sure to approach them in a private setting without interruptions. It is important not to be judgmental. They may be embarrassed by the situation, and you might be the first person they are telling.

Give them the space to share what they want to share with you. Don't pressure them. Remember, there may be real concerns over their personal safety that should not be taken lightly. If there are concerns over personal safety and it appears that this is an emergency, call law enforcement. If there are no immediate safety concerns, encourage them to reach out to the installation Family Advocacy Program (FAP) to speak to the FAP Advocate.

FAP advocacy services help address immediate safety concerns, develop a safety plan, and provide information regarding reporting options. Restricted and unrestricted are the two different reporting options available for individuals experiencing domestic abuse. Victim advocacy and counseling services are available for both reporting options.

## THINGS TO CONSIDER

Remember, domestic violence is a crime under the Uniform Code of Military Justice. Domestic violence is committing a violent offense or threatening to commit a violent offense against an intimate partner, family members, property, or pets.

## SUPPORT AND RESOURCES

- If there is immediate danger, call 911
- The local installation 24/7 abuse hotline
- MilitaryOne Source Live Chat or via phone at 1-800-342-9647