



## Warning Signs

- Extreme jealousy
- Constant belittling or put-downs
- Isolation from family/friends
- Physically inflicting pain
- Pressure to do things
- Constant mood swings toward you
- Making false accusations
- Break the Cycle, 2017



## Healthy Dating

- Respect each other
- Compromise
- Be supportive
- Create boundaries
- Keep your friends and hobbies
- Respect each other's privacy
- loveisrespect.org



## Reach out!

If you or someone you care about is in an unhealthy relationship, reach out!

National Dating Abuse Hotline: 866.331.9474

or text "loveis" to 22522

or Report anonymously at

[www.anonymousalerts.com/littleelmisd](http://www.anonymousalerts.com/littleelmisd)

or contact any LEHS counselor



Visit the Counselor's Corner table on Wednesday to take a Healthy Relationship Quiz!