



STARTING TOUGH CONVERSATIONS

RELATIONSHIP RED FLAGS

There is no 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 PARTNER

- Makes fun of partner in front of others or puts down partner's accomplishments.
- Controls how partner dresses or where partner goes.
- Calls partner several times a day to verify their location.
- Monitors partner's cellphone, social media, or email.
- Makes partner feel unworthy.
- Blames partner for negative behaviors.
- Makes partner feel like he or she is walking on eggshells, trying not to anger partner or cause conflict.
- Makes partner fear what may happen if couple breaks up.
- Prevents partner from leaving during an argument.
- Threatens to harm partner's loved ones or pets.
- Grabs, pushes, or hits 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 the individual. Be sure to approach the person in a private setting where you won't be interrupted. It is important not to be judgmental. The person may be embarrassed by the situation, and you might be the first person being told about it.

Give the person the space to share what he or she wants to share. Don't pressure the individual. Remember, there may be real personal safety concerns that should not be taken lightly. If it appears that this is an emergency, call law enforcement. If there are no immediate safety concerns, encourage the person to reach out to the installation Family Advocacy Program (FAP) and speak to a 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 that are 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 you want help preparing for your tough conversation, contact your Community Counseling Center or visit:

www.thehotline.org | www.usmc-mccs.org/domestic | militaryonesource.mil
800.799.SAFE (7233) | 800-342-9647