

WARNING SIGNS

WITHIN YOUR CHILD

REMEMBER YOU KNOW YOUR CHILD BEST AND GO WITH YOUR GUT IF YOU ARE HAVING CONCERNS. BIGGEST TAKEAWAY IS IF YOU ARE NOTICING CHANGES IN THESE ASPECTS OF YOUR CHILD'S LIFE. THIS DOESN'T NECESSARY MEAN THEY ARE IN AN UNHEALTHY OR VIOLENT RELATIONSHIP. THIS DOES THOUGH WARRANT A DEEPER CONVERSATION TO GET TO THE BOTTOM OF THESE CHANGES.

BEHAVIOR & PERSONALITY SCHOOL & ACADEMICS

- QUIETER
- DROP IN SELF-CONFIDENCE
- ISOLATING SELF FROM PEER GROUPS AND OR FAMILY
- FREQUENT TEXTING
- CRYING OR FREQUENTLY UPSET
- DEPRESSION OR ANXIETY
- DROP IN GRADES
- ATTENDANCE CHANGE
- DROPPING OUT OF SCHOOL
- STOPS EXTRACURRICULAR ACTIVITIES OR OTHER INTERESTS
- SEEMS UNFOCUSED, PREOCCUPIED OR WORRIED

RISK-TAKING BEHAVIOR APPEARANCE

- THEFT
- LYING
- DRUG OR ALCOHOL USE
- BULLYING
- FIGHTS
- SUICIDE CONTEMPLATION
- SEXUAL ACTIVITY
- YOUR CHILD BEGINS TO DRESS DIFFERENTLY
- UNEXPLAINED MARKS OR BRUISES
- WEIGHT CHANGE
- CHANGE IS MAKEUP OR HAIR COLOR

BUILD YOUR CHILD UP SO THEY CAN LEAVE THAT RELATIONSHIP. SAFETY PLANNING IS CRUCIAL DURING A BREAK UP. THIS BECOMES THE MOST DANGEROUS TIME OF THAT RELATIONSHIP. CONTACT US FOR HELP WITH SAFETY PLANNING.

WARNING SIGNS

WITHIN YOUR CHILD'S RELATIONSHIP

IF YOU ARE NOTICING THESE, ASK YOUR CHILD HOW THESE ACTIONS MAKE THEM FEEL. FOCUS ON THE ACTION AND NOT THEIR PARTNER. REMIND THEM THEY DESERVE TO BE IN A HEALTHY RELATIONSHIP WITH SOMEONE WHO MAKES THEM FEEL GOOD, RESPECTED AND SOMEONE THEY HAVE FUN WITH.

INTENSITY

- MOVING FAST OR NOT AT THE APPROPRIATE STAGE FOR AGE (I.E. TALKING ABOUT MARRIAGE THE FIRST MONTH DATING)

POSSESSIVENESS

- MONITORING THEIR DEVICES OR WHERE THEY ARE.
- CONTROLLING WHAT THEY DO OR SAY

MANIPULATION

- THEIR ACTIONS DON'T MATCH THEIR WORDS
- THEY UNDERMINE THEIR FAITH IN THEIR GRASP OF REALITY

SABOTAGE

- SPREADING LIES OR RUMORS ABOUT THEM
- DELIBERATELY INTERFERING TO COMPLICATE OR RUIN THINGS

ISOLATION

- FROM FAMILY, FRIENDS, WORK AND ACTIVITIES

BELITTLING

- NAME CALLING, PUT DOWNS

GUILTING

- FOR DOING "NORMAL" THINGS OR WHEN IT ISN'T WARRANTED

UNPREDICTABLE

- FEELING LIKE THEIR WALKING ON EGGHELLS
- HAS INAPPROPRIATE RESPONSES

DEFLECTING RESPONSIBILITY

- NEVER THEIR FAULT AND DOESN'T APOLOGIZE
- PUTS BLAME ON OTHERS

BETRAYAL

- LYING OR CHEATING
- BREAKING THEIR TRUST

BUILD YOUR CHILD UP SO THEY CAN LEAVE THAT RELATIONSHIP. SAFETY PLANNING IS CRUCIAL DURING A BREAK UP. THIS BECOMES THE MOST DANGEROUS TIME OF THAT RELATIONSHIP. CONTACT US FOR HELP WITH SAFETY PLANNING.