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early warning signs of an

unhealthy romantic relationship



- 1 The relationship moves really fast
- 2 They 'love bomb' you with big 'grand gestures', excessive compliments and gift giving
- 3 They have big mood swings – from very affectionate to very mean
- 4 They don't like your friends/ don't want you to hang out with your friends
- 5 You feel like they expect you to be perfect
- 6 They don't respect your boundaries
- 7 They refuse to talk about any problems between you
- 8 They never apologise or take responsibility – stuff is never their fault
- 9 They criticise or humiliate you in front of other people
- 10 They accuse you of flirting with others or cheating
- 11 They try to control what you do, who you see, etc.
- 12 They don't respect your privacy – like reading your DMs

If you can relate, Kids Helpline is here for you

kidshelpline.com.au
1800 55 1800



kids helpline
anytime.anyreason.

