

love is respect.org



chat at loveisrespect.org
text loveis to 22522
call 1.866.331.9474



FREE • CONFIDENTIAL • 24/7

CREATE A CUSTOMIZED
SAFETY PLAN

Whether you want to stay together or are thinking about breaking up, there are options. Learn more about creating a plan that's right for you.



Check out our interactive safety planning guide at loveisrespect.org or download the high school or college safety planning guide.

WARNING SIGNS:

- Checking your cell phone or email without your permission
- Constantly putting you down
- Extreme jealousy or insecurity
- Explosive temper
- Isolating you from family or friends
- Physically hurting you in any way
- Possessiveness
- Telling you what to do
- Repeatedly pressuring you to have sex