

Your friend's partner keeps tabs on your friend's social media

DOES IT FEEL WRONG?

Their partner borrows their money all the time

Would you know how to spot the signs if your friend was in a **toxic relationship?**

Your friend's partner makes negative comments about their body as 'banter'

Your friend's partner pressures or guilt-trips them to send nudes

Your friend's partner won't commit but expects your friend to

The 'honeymoon' phase lasts a long time and the distance between you keeps growing. Your friend doesn't talk to you about their relationship

The red flags might not seem like much, but they're not ok. You can tell them 'That's not okay. You can talk to me about it. How can I help?'