

# Recognizing **green flags** in a relationship

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News relationships can cause many feelings - anxiety, infatuation, comfort, and more! While it's important to be able to recognize red flags or concerning behaviors, we must also be able to identify safe behaviors or "green flags" in a relationship. Green flags are behaviors or actions that are positive and indicate the person and the relationship are healthy, mature, and respectful. **Green flags and healthy behaviors in a relationship can look like:**

- Open and honest communication without fear of negative reactions.
- Mutual respect for each other's boundaries, personal space, and belongings.
- Encouragement and support to maintain relationships with family, friends, and loved ones.
- Transparency and honesty, with no withholding of information or secrecy.
- Shared responsibility in decision-making, household duties, and other aspects of the relationship.
- The ability to spend time apart without guilt, pressure, or intimidation.
- Equal financial decision-making, with both partners having a say in money matters.



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