

*The Red Flag Epidemic*

**CAN YOU  
SPOT RED FLAGS?**

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**Understanding Red Flags**



In recent years, 1 \_\_\_\_\_ term red flag has become very popular, especially when people talk about relationships. A red flag is 2 \_\_\_\_\_ warning sign that shows a person 3 \_\_\_\_\_ situation may become unhealthy or problematic. For example, it can be a red flag 4 \_\_\_\_\_ someone is very controlling, does not respect your opinions, or often lies. 5 \_\_\_\_\_ behaviors may seem small at first, but they can create bigger problems later.

6 \_\_\_\_\_, not every mistake is a red flag. Everyone makes errors sometimes. The important thing is to notice patterns of behavior that repeat over time. Understanding red flags can help people protect 7 \_\_\_\_\_ emotional well-being and build healthier relationships 8 \_\_\_\_\_ friends, partners, and even coworkers.