

The Red Flag Epidemic

**CAN YOU
SPOT RED FLAGS?**

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.