

# **RED FLAGS, GREEN FLAG WORKSHOP**

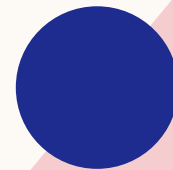
Abigail Morrison  
Deputy Title IX Coordinator

# AGENDA

Consent demystified 😊

Red Flags and Green Flags in Relationships

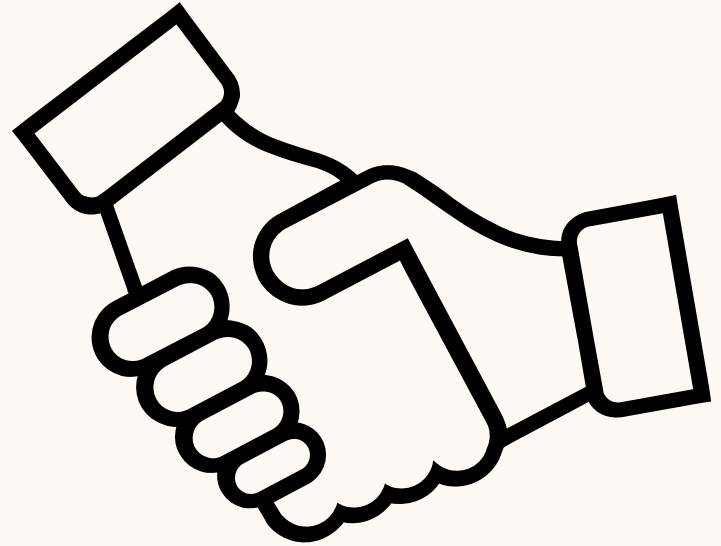
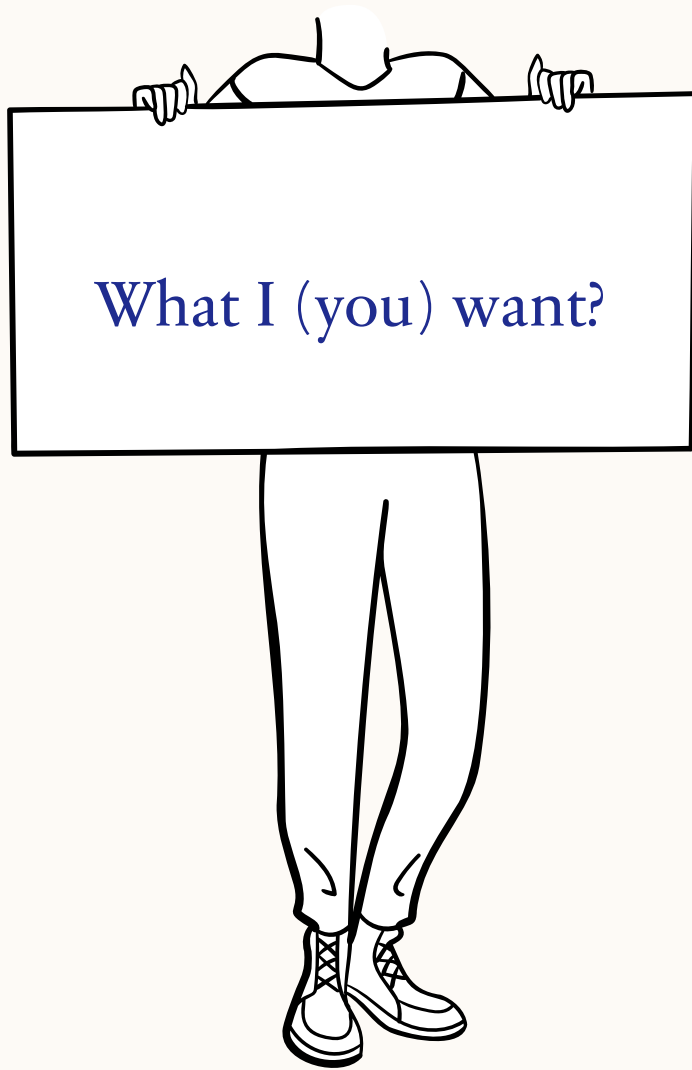
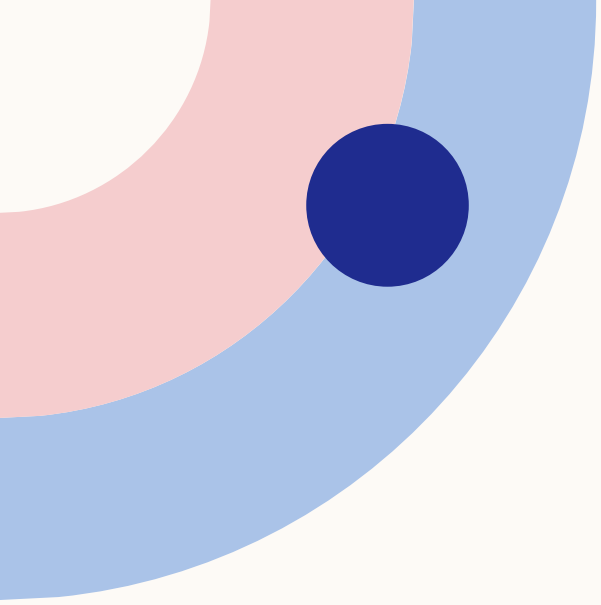
Q&A



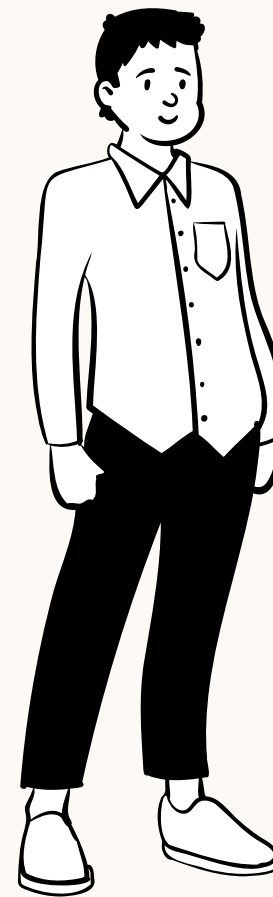
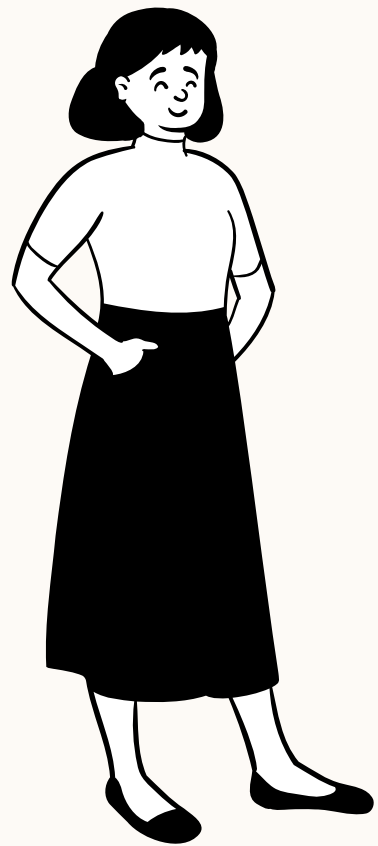
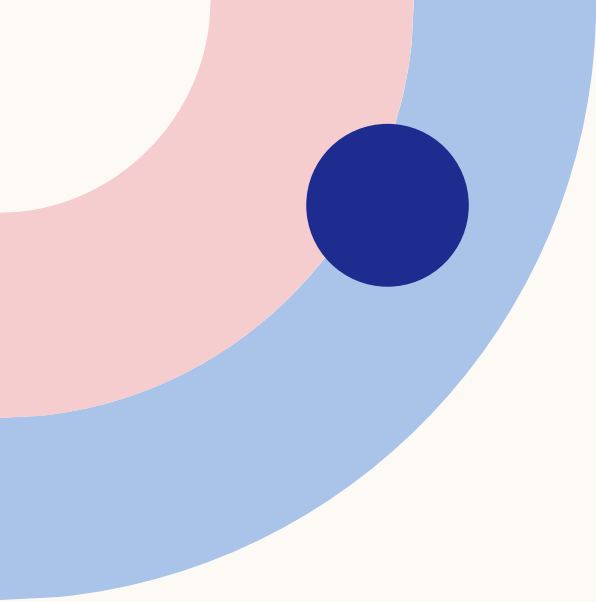


# BYU TITLE IX

The Title IX Office is dedicated to promoting gender equity by coordinating the university's efforts to **prevent** and **respond** to sex discrimination and sexual misconduct



# CONSENT



# CONSENT

What is it to you?

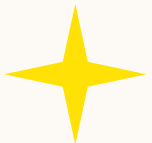
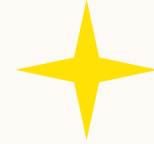
ACTIVE

ENGAGED/ENTHUSIASTIC

ONGOING

VERBAL

VOLUNTARY



# ICEBERG OF HESITATION



**Maybe might mean maybe, but it also might mean no. If consent isn't an affirmative YES! it is safer to assume it's a no.**



**RED FLAGS AND  
GREEN FLAGS**



# GREEN FLAGS

## Comfortable Pace

The relationship moves at a speed that feels enjoyable for each person

## Honest

You can be truthful and candid without fearing how the other person will respond

## Respect

You value one another's beliefs and opinions, and respect each other's personhood

## Kindness

You are caring and empathetic to one another and provide comfort and support

## Healthy Conflict

Openly and respectfully discussing issues and confronting disagreements in a safe way

# GREEN FLAGS

## Trust

Confidence that your partner won't do anything to intentionally hurt you or betray your trust

## Independence

You both have the space to be YOU!

## Equality

The relationship feels balanced

# FUN!

It feels “good”

# RED FLAGS

## **Guilt**

They make you feel responsible for their actions or like it's your job to keep them happy

## **Deflecting Responsibility**

They repeatedly make excuses for their unhealthy behavior

## **Possessiveness / Isolation**

When someone is jealous to a point, they try to control you, your time, and who you see

## **Volatility**

When the relationship is unpredictable and the other person has strong reactions that make you feel scared, confused, or intimidated

# RED FLAGS

## **Intensity**


When someone expresses very extreme feelings and over the top behavior that feels overwhelming. Ex: “Love bombing”

## **Manipulation**


When someone tries to control your decisions, actions, or emotions

## **Sabotage**


When someone purposely ruins your reputation, achievements, or success



**KENDALL AND BAILEY MET ON MUTUAL. THEY AGREED TO MEET UP FOR ICE CREAM AT ROCKWELL'S. THEY WERE BOTH REALLY FEELING IT AND SO WHEN KENDALL ASKED TO KISS BAILEY, BAILEY ENTHUSIASTICALLY SAID YES! THEY MADE PLANS TO MEET UP AGAIN.**



**LATER THAT WEEK WHEN BAILEY GOT INTO KENDALL'S CAR KENDALL IMMEDIATELY LEANED OVER AND BEGAN KISSING BAILEY PASSIONATELY. BAILEY LEANED BACK AND SAID "HEY, I'M NOT SURE I WANT TO" AND KENDALL REPLIED, "BUT YOU DID BEFORE – WHAT'S WRONG WITH YOU TONIGHT?"**



**BRENTON AND JANE GOT MARRIED THREE MONTHS AGO. BRENTON IS IN THE ACCOUNTING PROGRAM AND SOMETIMES STAYS ON CAMPUS IN THE EVENING WITH HIS STUDY GROUP. JANE SAYS SHE JUST CAN'T STAND THAT HE SPENDS ANY TIME WITH OTHER WOMEN. BRENTON HAS NOTICED HE SOMETIMES FEELS LIKE HE'S WALKING ON EGGHELLS JUST TO KEEP THE PEACE WITH JANE BUT FEELS LIKE IT WOULD BE REALLY HARD TO BRING UP WITH HER.**




**HARPER AND KAMILLE MET THROUGH A MUTUAL FRIEND. HARPER PLANNED FOR THEM TO MEET UP AT BRIDAL VEIL FALLS WHERE THEY'D SET UP A PICNIC.**

**AFTER THE DATE, HARPER SAID TO KAMILLE "THAT WAS FUN! HOW WOULD YOU FEEL ABOUT GOING OUT AGAIN SOMETIME?"**

**KAMILLE SAID, "I'M NOT 100% SURE, BUT CAN I TEXT YOU LATER?"**

**HARPER SAID, "FOR SURE!"**





**JOHN AND KATE MET IN AMERICAN HERITAGE. THEY JOINED A STUDY GROUP TOGETHER AND SOON ENOUGH THEY WERE A COUPLE! AFTER GOING TO DINNER AT J.DAWGS ONE EVENING, THEY WENT BACK TO JOHN'S APARTMENT AND STARTED KISSING – SOMETHING THEY HAD DONE SEVERAL TIMES BEFORE.**

**AS THEY WERE KISSING, JOHN UNTUCKED KATE'S SHIRT AND STARTED TO TOUCH HER UNDER HER CLOTHES. KATE GENTLY PUSHED HIS HAND AWAY AND THEY CONTINUED KISSING. AFTER A FEW MINUTES JOHN STARTED TOUCHING UNDER KATE'S SHIRT AGAIN. SHE DIDN'T STOP HIM THIS TIME, SO HE ASSUMED IT WAS OKAY AND CONTINUED.**



**CHARLIE AND PEYTON WENT OUT TO DINNER AT BOMBAY HOUSE ON FRIDAY. THE NEXT DAY CHARLIE RECEIVED THE FOLLOWING MESSAGES:**



Me too!

I had such a good time!

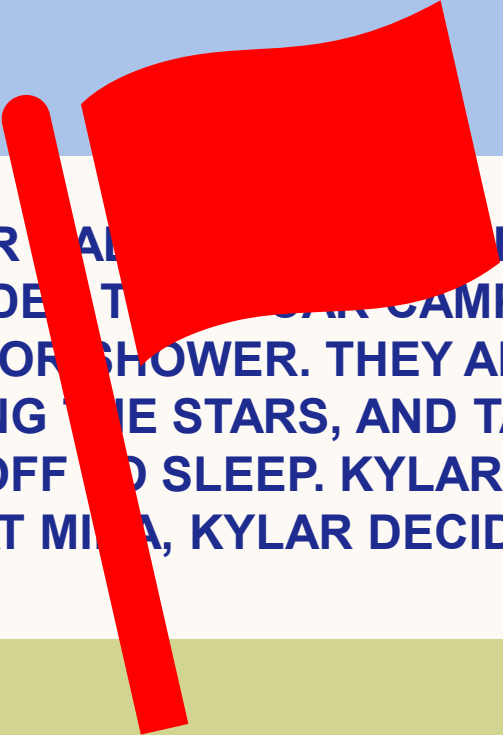
No really. The best.

I can tell this is special.

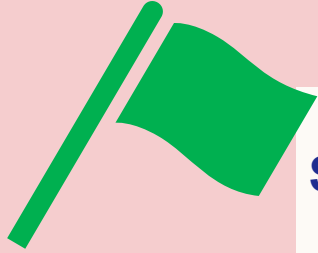
You're incredible.

I think about you all the time.

**CHARLIE CAME HOME TO FLOWERS ON MONDAY, CRUMBL ON TUESDAY, AND A LONG LETTER PROFESSING LOVE ON WEDNESDAY.**



**MIKA AND KYLAR MADE LOVE FOR A LITTLE WHILE WHEN THEY DECIDED TO GO CAMPING UP THE CANYON TO WATCH A METEOR SHOWER. THEY ALTERNATED BETWEEN KISSING, WATCHING THE STARS, AND TALKING. EVENTUALLY MIKA DRIFTED OFF TO SLEEP. KYLAR WAS STILL AWAKE. LOOKING OVER AT MIKA, KYLAR DECIDED TO TOUCH MIKA.**



**SAM, LAURA, AND NATALIE ARE ALL ROOMMATES. THEY DECIDE TO GO TO CLUB NIGHT AT BYU! NATALIE WENT TO THE COUNTRY SWING DANCING ROOM AND WAS HAVING A GREAT TIME.**

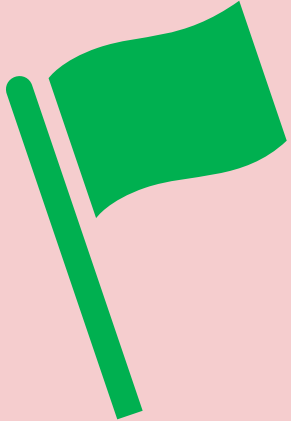
**MICHAEL ASKED HER TO DANCE AND SHE WAS IMPRESSED WITH HIS DANCING, BUT SHE FELT LIKE HE WAS TOUCHING HER IN A DIFFERENT WAY THAT MADE HER UNCOMFORTABLE. WHEN SHE ASKED HIM TO MAKE SURE HE KEPT HIS HANDS ABOVE HER WAIST HE SAID, "GEES, IT'S JUST A DANCE. LIGHTEN UP"**



**AIDEN AND JULIE HAVE BEEN DATING FOR 3 MONTHS AFTER THEY MET ON A STUDY ABROAD AT THE LONDON CENTER.**

**JULIE WAS INVITED TO GO TO THE BYU FOOTBALL GAME IN LAS VEGAS WITH SOME FRIENDS. AIDEN KEEPS SAYING SHE SPENDS TOO MUCH TIME WITH HER FRIENDS AND SAYS THAT IF SHE LOVES HIM, SHE WON'T GO TO THE GAME.**

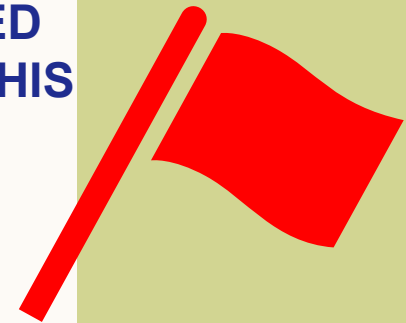


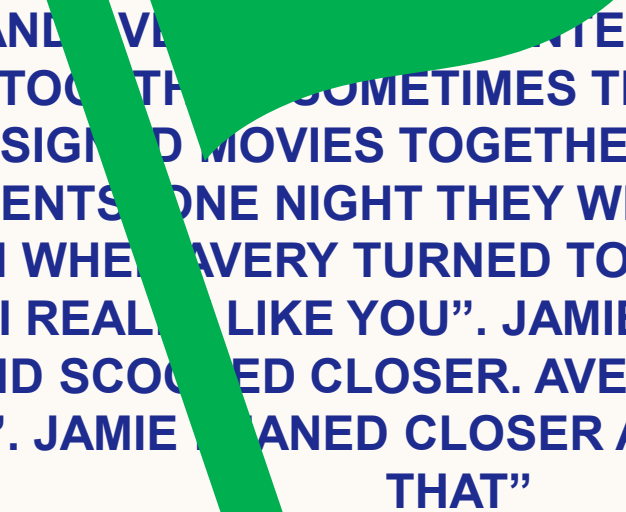


**ANNE MET PRESTON IN HER FHE GROUP THE FIRST WEEK OF SCHOOL. SHE COULD TELL HE WAS SOMEONE SPECIAL AND SHE WAS THRILLED WHEN HE AGREED TO GO TO ROCK CANYON TO WATCH A MOVIE IN THE PARK. THINGS WENT SO WELL, SHE ASKED HIM OUT AGAIN.**

**PRESTON SAID “THANKS, BUT I JUST DON’T THINK I FEEL THAT WAY ABOUT YOU”. ANNE FELT LIKE HE JUST “DIDN’T GET IT” AND DECIDED TO MAKE SURE HE NOTICED HER BY SHOWING UP AT HIS APARTMENT EVEN WHEN HE ASKED HER NOT TO AND WAITING OUTSIDE THE BUILDINGS OF HIS DIFFERENT CLASSES.**

**MAYBE IF HE WOULD JUST NOTICE HER MORE, HE’D UNDERSTAND THEY COULD BE TOGETHER.**





JAMIE AND AVERY ENJOINED IN AN INTERNATIONAL CINEMA CLASS TOGETHER. SOMETIMES THEY WOULD WATCH THE ASSIGNED MOVIES TOGETHER AT ONE OF THEIR APARTMENTS. ONE NIGHT THEY WERE SITTING ON THE COUCH WHEN AVERY TURNED TO JAMIE AND SAID “I THINK I REALLY LIKE YOU”. JAMIE SAID, “I LIKE YOU TOO” AND SCOOTED CLOSER. AVERY SAID “CAN I KISS YOU?”. JAMIE MOVED CLOSER AND SAID “I’D LIKE THAT”

# SAFE DATING TIPS



BYU Title IX  
[titleix.byu.edu](http://titleix.byu.edu)

# RESOURCES

BYU Title IX

1085 WSC

[title9@byu.edu](mailto:title9@byu.edu)

[Titleix.byu.edu](http://Titleix.byu.edu)

1-801-422-8692

[Abigail\\_Morrison@byu.edu](mailto:Abigail_Morrison@byu.edu)