

Recognizing Red Flags in Relationships Academy

Lesson 1: What Makes a Relationship Healthy?

Arizona Foundation for
**LEGAL SERVICES
& EDUCATION**
THE ARIZONA BAR FOUNDATION

Jess tells Mike that she and her two best friends get together every Thursday night to watch their favorite show. It means a lot to her, so she won't be available on Thursdays. Mike plans a special date for Thursday night anyway and says, "I can't believe you don't appreciate how romantic I am. I already spent money on this."

- What boundary did Jess communicate?
- Did Mike respect the boundary?
- What red flags do you notice?