



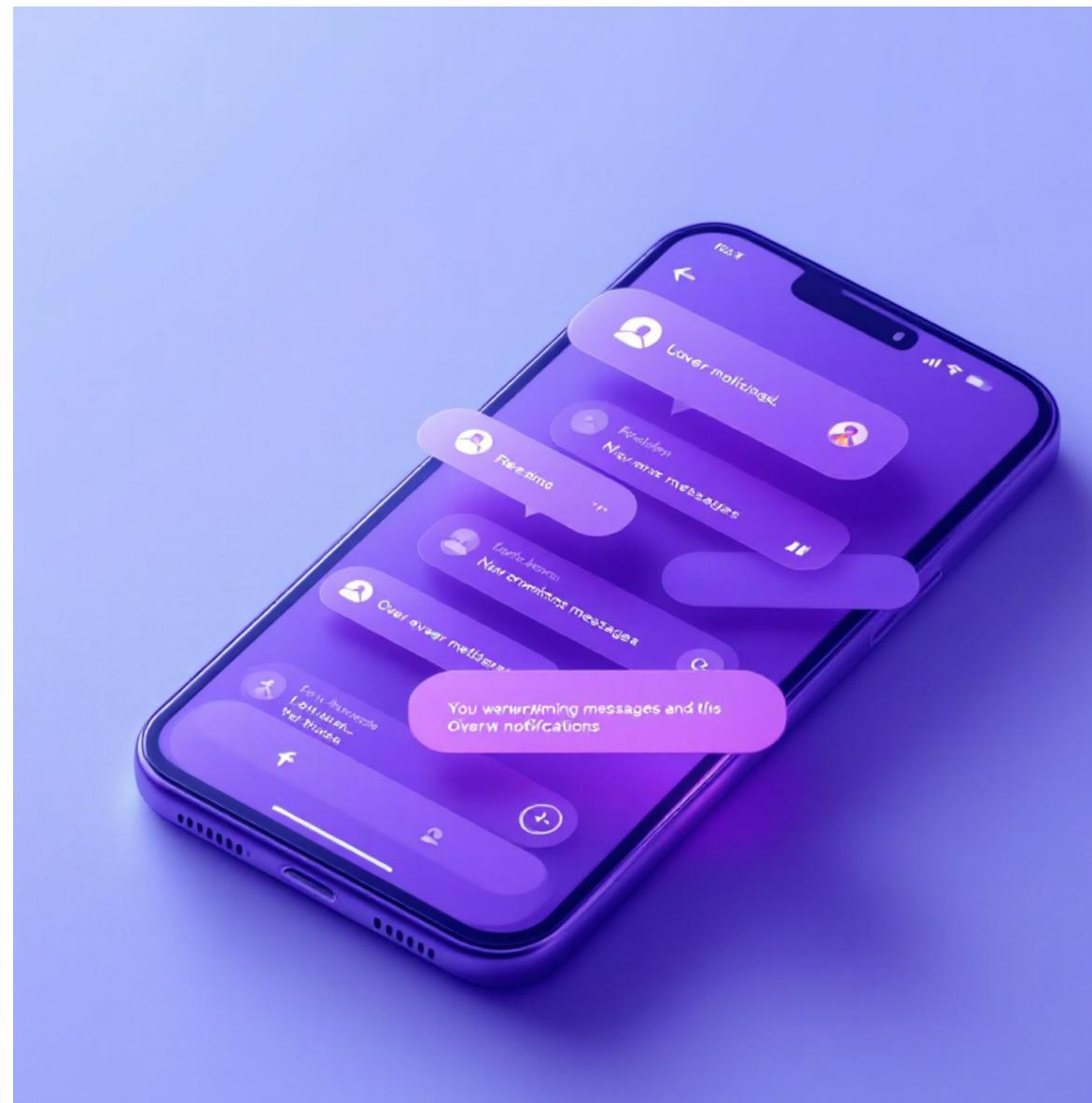
# Digital Dating Red Flags

A comprehensive guide to recognizing warning signs and protecting yourself in online relationships. Your safety and well-being matter—learn to identify concerning behaviors before they escalate.

WOMEN'S DIGITAL SAFETY

EMPOWERMENT GUIDE

# Love Bombing: Too Much, Too Soon



## Warning Signs to Watch For

- Excessive compliments and declarations of love within days
- Constant messaging that demands immediate responses
- Grand promises about your future together before meeting
- Showering you with gifts or attention that feels overwhelming
- Making you feel guilty when you need space or time alone

**Remember:** Healthy relationships develop gradually. Genuine connection respects boundaries and allows space for trust to grow naturally.

# Financial Red Flags



## Direct Money Requests

Asking for loans, gift cards, or direct transfers—especially citing emergencies or sob stories.



## Account Access

Requesting passwords, banking info, or access to your financial accounts "to help" you.



## Investment Schemes

Pressuring you to invest in crypto, forex, or "guaranteed" opportunities they're involved in.



## Sob Stories

Repeated crises requiring money—sick relatives, stuck abroad, business emergencies.

- Golden Rule:** Never send money or financial information to someone you've only met online. Legitimate romantic interests will never ask for financial help early in a relationship.

# Isolation Tactics

## Criticizing Your Support System

Making negative comments about your friends, family, or people who care about you.

## Demanding Exclusive Attention

Getting jealous or upset when you spend time with others or have independent activities.

## Moving Communication Off-Platform

Insisting on using encrypted apps or obscure platforms where there's no reporting system.

## Creating "Us vs. Them" Mentality

Suggesting only they truly understand you and others are trying to keep you apart.



# Pressure, Rushing & Inconsistencies

## Rushing Red Flags

### → **Pushing to meet immediately**

Insisting on in-person meetings before you're comfortable or pressuring you to share your address.

### → **Demanding commitment fast**

Wanting to define the relationship, become exclusive, or make major plans within days.

### → **Pressure for intimate content**

Requesting photos, videos, or personal information you're not ready to share.

## Story Inconsistencies

### → **Details don't match up**

Job, location, age, or life circumstances change in different conversations.

### → **Avoiding video calls**

Always has excuses for why they can't video chat or meet in public places.

### → **Limited online presence**

New profiles, few photos, no connections to real people or verifiable information.

# Trust Your Instincts



## That Uneasy Feeling

If something feels off, it probably is. Your intuition has picked up on subtle warning signs that your conscious mind might rationalize away. Don't ignore that internal alarm system.

## Do Your Research

It's not paranoia—it's smart. Use reverse image search on their photos, search their phone number, check their social media. Legitimate people have verifiable online footprints.

## Get Outside Perspective

Talk to trusted friends or family about the relationship. Sometimes an outside view can spot red flags you're too close to see. Share screenshots and ask for honest feedback.

# What to Do Next

## If You've Spotted Red Flags

01

### Stop Communication Immediately

Don't feel obligated to explain or respond. Block them on all platforms and apps.

02

### Document Everything

Take screenshots of messages, profiles, and any concerning interactions before blocking.

03

### Report to the Platform

Use the app's reporting features. Your report could protect others from the same person.

04

### Notify Authorities if Necessary

If there were threats, financial fraud, or you feel unsafe, contact local police or FBI's IC3.

05

### Protect Your Accounts

Change passwords, enable two-factor authentication, and review what information is publicly visible.

06

### Seek Support

Talk to trusted friends, family, or a counselor. There's no shame in being targeted by manipulative people.



**You deserve respect and safety.** Ending communication with someone who shows these red flags is not rude—it's self-protection. Your safety always comes first.



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