



DATING & RELATIONSHIPS SERIES

DATING APP RED FLAGS

Patterns matter more than one odd detail.

Some warning signs point to personal-safety concerns; others are common features of romance scams. Neither list is proof by itself - slow down, verify, and protect your boundaries.

PERSONAL-SAFETY RED FLAGS

Pay attention when someone:

- Pushes you to meet, move the relationship forward, or share private information faster than you want.
- Gets angry or punitive when you set a normal boundary or say no.
- Tries to isolate you from friends or family.
- Pressures you for intimate images, passwords, location access, or financial information.
- Shows up unexpectedly, monitors you, threatens you, or repeatedly contacts you after you ask them to stop.

SCAM RED FLAGS

Be especially cautious when someone:

- Quickly asks to leave the dating platform and communicate privately.
- Seems "too perfect," has inconsistent details, or uses photos/details found under another identity.
- Promises to meet but repeatedly cancels or always has an excuse they cannot meet in person.
- Asks for money, gift cards, wire transfers, cryptocurrency, or help with an "emergency."
- Wants to use your bank account to receive or move money. This can make you an unwitting money mule.

IF MONEY ENTERS THE CONVERSATION

Never send money or financial information to an online romantic interest you have not met in person. Do not receive or forward money for them through your own bank account. If you suspect a romance scam, stop contact and report it to the dating platform, FTC, or FBI IC3 as appropriate.

ONE RED FLAG IS NOT A DIAGNOSIS

The goal is not to label every awkward person as dangerous. Look for patterns, respect your own boundaries, and give yourself permission to slow down or walk away.