IS FLIRTING CHEATING?

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A compliment?
A sexual joke?
Private messages every night?
Deleting those messages before your partner sees them?

There isn't one rule every relationship follows.
For one couple, flirting means nothing. For another, it feels like betrayal.

Problems can start when two people assume they have the same boundaries without ever talking about them.

Would you hide it from your partner?

Would you be comfortable if they did the same thing?

Every couple gets to decide where their own line is.

Where does flirting end and cheating begin for you?

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Is Flirting Cheating?

“Is Flirting Cheating?” is a one-page relationship boundaries and communication prompt about the grey areas between flirting, secrecy and cheating. It is most relevant for couples and adult partners who are trying to discuss private messages, sexual jokes, compliments, online contact or behaviour that one person experiences as a breach of trust.

Print the page for a couple conversation, bring it to relationship counselling, or use the questions privately before raising a concern. The prompts encourage partners to compare their expectations, consider whether conduct would be hidden, and agree where their own line sits, helping make conversations about emotional cheating and relationship trust more concrete.