CAST- May 5, 2025

What is Love Bombing



Love bombing is an abuse tactic used to lure or keep someone in a relationship. This is done through the use of displays of affection, admiration, and loving gestures (Cleveland Clinic, 2024).

A study conducted by the International Journal of Interpersonal Abuse and Psychology (IJIAP) found strong correlations between love bombing, narcissism, and emotional abuse (Beri, 2024). Other research also revealed that approximately 78% of love bombing victims originate from dating apps, often transitioning into longer-term or more formal relationships (Gionet, 2022).

Signs of Love Bombing-



- A partner may say “I love you” too quickly
- A partner may give excessive gifts too often
- A partner may attach themselves to everything you enjoy
- Someone may refuse to take any blame in current and old relationships
- Someone may act completely different around you compared to other groups
- A partner may give excessive compliments and affection

(Respect Victoria 2023)

More Details on Love Bombing

A Study Detailing Love Bombing

Statistics of Love Bombing

A recent survey conducted by ShaneCo found that approximately 70% of people have experienced love bombing at least once in their lives. Among the respondents, 76% of women and 63% of men reported being love bombed. In most cases, around 70% of love bombers confessed their love within the first month of the relationship. Although love bombing is fairly common, many victims only recognize the manipulation after experiencing emotional exhaustion or seeking professional help. Notably, 25% of women who experienced love bombing sought professional care (Gionet, 2022).

How to Prevent Love Bombing-

How to talk to Youth about Love Bombing-

Talk about exploitation, discuss what it means to be taken advantage of, and provide examples, such things as jobs too good to be true. Or romantic relationships that move way too fast. Educate youth on signs of manipulation such as excessive flattery and over gifting, and provide strategies to recognize and guard against love bombing. Help provide youth with strategies for increasing self-confidence and self-esteem. And help youth realize how to set boundaries. Allow for youth to talk to you if they need to (Cleveland Clinic, 2024).

What are signs of Love Bombing to look for in children?

Signs of love bombing in children involve excessive gestures of affection or attention that may seem overwhelming and manipulative. It often includes lavish gifts, constant communication, and pressure to accelerate the relationship, while isolating the child from loved ones and using guilt or mood swings to control behavior (Beri, 2024; First Light, 2025).

How to teach your child about Love bombing?

Parents and guardians can talk with their children about the different ways someone may love bomb them. If your child is in a relationship, you can speak to them openly about how they feel about their relationship.

- Don't criticize their partner rather, as they may get defensive.
- Express your concerns by focusing on the behavior you have noticed.
- Explain the different red flags you notice, such as excessive gifts or moving too quickly.
- Go over healthy relationship dynamics and that it's okay to have independence in relationships
- Give them support, not Ultimatums.

(First Light, 2025)

How can community members talk about Love Bombing?

Ways to help prevent love bombing within the community are spreading awareness through campaigns, workshops, or social groups. These can help show what love bombing looks like and the different signs to look out for. These groups throughout the community help by giving individuals support and resources to help prevent love bombing from happening ("Sexual Exploitation and Abuse," n.d.).

How can school personnel talk about Love Bombing?

By presenting love bombing as a kind of emotional manipulation sometimes found in violent or destructive relationships, school staff members can address this issue. Studies show that teaching students about the early warning indicators of manipulation, such as fast intensity in new relationships, can help them develop emotional awareness and set reasonable limits (Grieve & Panebianco, 2013). Including these conversations into courses in health or social-emotional learning can help teachers create secure environments where students may identify and disclose possibly negative conduct.

If you or someone you know needs support or help please contact the National Domestic Violence Hotline by calling 1-800-799-7233 or by texting the Crisis Text Line by texting "HOME" to 741741

US Department of Homeland Security

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