

Quiz: IS YOUR RELATIONSHIP HEALTHY OR UNHEALTHY?

- | | yes | no |
|---|--------------------------|--------------------------|
| ■ Do you trust each other? | <input type="checkbox"/> | <input type="checkbox"/> |
| ■ Are you not afraid to speak your mind? | <input type="checkbox"/> | <input type="checkbox"/> |
| ■ Does he/she like your friends and like you to spend time with them? | <input type="checkbox"/> | <input type="checkbox"/> |
| ■ Does he/she understand when you can not be with him/her | <input type="checkbox"/> | <input type="checkbox"/> |
| ■ Does he/she like you for who you are? | <input type="checkbox"/> | <input type="checkbox"/> |
| ■ Do you make important decisions together? | <input type="checkbox"/> | <input type="checkbox"/> |
| ■ Does he/she encourage you to try different activities? | <input type="checkbox"/> | <input type="checkbox"/> |
| ■ Does he/she treat you with respect? | <input type="checkbox"/> | <input type="checkbox"/> |

If you answered “yes” to the above questions, your relationship is healthy!

WARNING SIGNS OF AN UNHEALTHY RELATIONSHIP

- | Are you going out with someone who..... | yes | no |
|--|--------------------------|--------------------------|
| ■ Is jealous, possessive, won't let you have friends | <input type="checkbox"/> | <input type="checkbox"/> |
| ■ Is bossy, has to make all the decisions | <input type="checkbox"/> | <input type="checkbox"/> |
| ■ Uses guilt trips like, “if you loved me, you would...” | <input type="checkbox"/> | <input type="checkbox"/> |
| ■ Tells you what to do, what to wear, or how to act | <input type="checkbox"/> | <input type="checkbox"/> |
| ■ Calls or text messages you excessively | <input type="checkbox"/> | <input type="checkbox"/> |
| ■ Constantly checks up on you or makes you check in | <input type="checkbox"/> | <input type="checkbox"/> |
| ■ Always blames you for his or her behavior | <input type="checkbox"/> | <input type="checkbox"/> |
| ■ Is sometimes scary | <input type="checkbox"/> | <input type="checkbox"/> |
| ■ Is violent (yells, throws things, hits things) | <input type="checkbox"/> | <input type="checkbox"/> |
| ■ Pressures you for sex, is forceful about sex | <input type="checkbox"/> | <input type="checkbox"/> |
| ■ Won't accept breaking up, threatens to hurt himself/herself | <input type="checkbox"/> | <input type="checkbox"/> |
| ■ Has mood swings-gets angry and yells at you one minute and the next minute is sweet and apologetic | <input type="checkbox"/> | <input type="checkbox"/> |
| ■ Makes you feel like you can't do anything right | <input type="checkbox"/> | <input type="checkbox"/> |
| ■ Your parents or friends have warned you about or were worried about your safety with him/her | <input type="checkbox"/> | <input type="checkbox"/> |
| ■ Puts you down, calls you names or criticizes you | <input type="checkbox"/> | <input type="checkbox"/> |
| ■ Embarrasses you in public or private through insults or degrading comments | <input type="checkbox"/> | <input type="checkbox"/> |
| ■ Acts jealous a lot and frequently accuses you of things (cheating, flirting, etc.) | <input type="checkbox"/> | <input type="checkbox"/> |
| ■ Physically hurts you, or threatens to | <input type="checkbox"/> | <input type="checkbox"/> |

If you answered “yes” to any of the above, your relationship is not a healthy one! Talk to an adult you trust. You do not have to deal with this alone!