

# TEEN DATING VIOLENCE AWARENESS MONTH

## HEALTHY RELATIONSHIPS QUIZ

- |  | <i>yes</i>               | <i>no</i>                |
|--|--------------------------|--------------------------|
| 1. Does your partner give you space to spend time with other people? | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Does your partner listen when you talk to them?                   | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Does your partner let you wear what you want to wear?             | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Does your partner get along with your best friends?               | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Does your partner respect your boundaries?                        | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. Can you trust what your partner tells you?                        | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. Does your partner tell you who you can and cannot talk to?        | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. Does your partner check your texts, social accounts, emails?      | <input type="checkbox"/> | <input type="checkbox"/> |
| 9. Is your partner extremely jealous or possessive?                  | <input type="checkbox"/> | <input type="checkbox"/> |
| 10. Does your partner shame you or make you feel stupid?             | <input type="checkbox"/> | <input type="checkbox"/> |
| 11. Does your partner accuse you of doing things you are not doing?  | <input type="checkbox"/> | <input type="checkbox"/> |
| 12. Does your partner threaten you or make you afraid?               | <input type="checkbox"/> | <input type="checkbox"/> |
| 13. Does your partner have big or frequent mood swings?              | <input type="checkbox"/> | <input type="checkbox"/> |
| 14. Does your partner use physical force with you?                   | <input type="checkbox"/> | <input type="checkbox"/> |

See page two to score your results.





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## HEALTHY RELATIONSHIPS QUIZ RESULTS

### Scoring

Questions 1-6: for every yes you answer, give yourself 0 points. For every no you answer, you will receive 1 point.

Questions 7-14: each yes answered will count for 1 point. Every no answered will count for 0 points.

Now, tally your score and find where it falls below.

### Zero

If you have a score of zero, your relationship is most likely healthy. Acknowledge the healthy patterns you are practicing and keep it up! Monitor your relationship to make sure you and your partner keep up your healthy habits.

### One-Three

A score of one to three might signal that some unhealthy behaviors exist in your relationship. Consider these behaviors as red flags or warning signs that may grow into abuse over time.

Address these patterns with your partner in a safe, open space and monitor your relationship to ensure these behaviors do not escalate.

### Four or More

You are experiencing unhealthy, abusive patterns of behavior in your relationship. For your safety, it can be helpful to make a Safety Plan and possibly end your relationship. Consider sharing what is going on with a trusted adult or chatting with a trained peer advocate at [loveisrespect.org](http://loveisrespect.org).

