

POSITIVE RELATIONSHIP QUIZ

| | THE PERSON I AM WITH..... | |
|----|--|--|
| 1 | Supports my choices | <input type="checkbox"/> yes 0 <input type="checkbox"/> no 1 |
| 2 | Listens to my opinions | <input type="checkbox"/> yes 0 <input type="checkbox"/> no 1 |
| 3 | Is positive and encourages me | <input type="checkbox"/> yes 0 <input type="checkbox"/> no 1 |
| 4 | Accepts when i say i don't want to have sex | <input type="checkbox"/> yes 0 <input type="checkbox"/> no 1 |
| 5 | Accepts what i wear and how i look | <input type="checkbox"/> yes 0 <input type="checkbox"/> no 1 |
| 6 | Is not liked by my family and family | <input type="checkbox"/> yes 1 <input type="checkbox"/> no 0 |
| 7 | Makes me feel like i can't do anything right | <input type="checkbox"/> yes 1 <input type="checkbox"/> no 0 |
| 8 | Makes fun of me or calls me names | <input type="checkbox"/> yes 1 <input type="checkbox"/> no 0 |
| 9 | Sulks or gets angry when he/she doesn't get what they want | <input type="checkbox"/> yes 1 <input type="checkbox"/> no 0 |
| 10 | Blames me for his/her problems | <input type="checkbox"/> yes 1 <input type="checkbox"/> no 0 |
| 11 | Texts or calls me all the time to check up on me | <input type="checkbox"/> yes 5 <input type="checkbox"/> no 0 |
| 12 | Makes it hard for mne to see my friends & family and gets jelous when i do | <input type="checkbox"/> yes 5 <input type="checkbox"/> no 0 |
| 13 | Pressures me to have sex or do things i don't want to do | <input type="checkbox"/> yes 5 <input type="checkbox"/> no 0 |
| 14 | Threatens to hurt himself/herself, me or others | <input type="checkbox"/> yes 5 <input type="checkbox"/> no 0 |
| 15 | Does things that scare me(breaking things,yelling,driving fast) | <input type="checkbox"/> yes 5 <input type="checkbox"/> no 0 |

No matter what kind of relationship it is—serious, casual, or somewhere in between—you deserve respect, care, and to be treated right.



SCORING

for questions 1-2
score one point for every NO
For questions 6-10
score one point for every YES
For questions 11-15
score five points for every YES

Score : 0 points

Your relationship seem to be healthy and respectful

Score:: 1-2 Points

There may be a few unhealthy aspects to your relationship. This can be a warning sign that it will become more abusive. It's a good idea to address these early.

Score: 3-4 Points

There may be some warning signs that your relationship is abusive. It's important to take warning signs seriously as abuse can get worse over time.

Score: 5 points or more

There are definitely warning signs in your relationship. Abuse and controlling behaviours can get worse over time and it is sometimes hard to see how bad things have become.



WOMEN'S REFUGE

If you are in danger call 111 and ask for Police.

If you need support we are available 24/7
0800 733 843