

## Is your relationship healthy? Take this quiz.

### 1. You and your partner are going to hang out tonight. You feel...

- A. Excited. We love to spend time together.
- B. A little nervous. Sometimes we argue and it gets mean.
- C. Scared! I don't like being alone together. We fight and sometimes things get physical.

### 2. How often does your partner call or text you?

- A. At least once a day. It's so cute!
- B. Almost every hour. It's a little too much. But I love them.
- C. All the time. They always ask where I am and who I'm with.



### It can get better

"In my last relationship, I was always trying not to upset my partner. I worried all the time and felt bad about myself. Then I met someone who respects me. Now I feel good about myself and my relationship."

### 3. Your partner wants to do something and you don't. They...

- A. Accept it and don't pressure you.
- B. Act like it's OK. But then make you feel guilty.
- C. Get angry, yell, and sometimes make you do it anyway.

### 4. You wear something your partner doesn't like. They..

- A. Don't say anything. I dress how I want.
- B. Drop hints that I should change.
- C. Refuse to go out with me until I change. Then they act angry the rest of the night.

### 5. You and your partner argue...

- A. Rarely. When we do, we talk things out. We might raise our voices but we calm down pretty quickly.
- B. Often. Sometimes they say hurtful things. But we say sorry right away.
- C. All the time. Sometimes they hit me. They say sorry but also say it's my fault.



## How did you do?

### Mostly A's

You have a great thing going! Your relationship sounds healthy.

### Mostly B's

Your relationship shows signs of trouble. Keep a close watch on where things are heading.

### Mostly C's

There are serious signs that your relationship is unhealthy or abusive. Talk to an adult you trust.



### True caring

“I know my boyfriend really cares about me. When I tried out for a part in a video and didn’t get it, he got our friends together to shoot our own video.”

### In a healthy relationship, partners:

- Communicate. Both partners speak up and are heard.
- Support and believe in each other
- Respect and love each other for who they are
- Trust and want what’s best for each other

### In an unhealthy relationship, there may be:

- Emotional or physical abuse
- Pressure to do things you don’t want like sex or drugs
- Feelings like you can’t be with others, spend time apart or do things you want
- Feelings of sadness or fear

## If you think you may be in an unhealthy relationship, get help.

**You aren’t betraying someone who treats you badly if you leave the relationship or ask for help.**

**Talk to an adult.** Reach out to a parent, teacher, counselor or social worker.

- Call 866-246-8259 to talk to a CHN social worker or therapist.

**Talk to your partner.** You may be able to work out some problems. But if you do not feel safe talking to your partner, talk to a friend or parent.

**Talk to friends** who will listen and support your choices.

### Call a hotline.

1. National Teen Dating Abuse Helpline. Call 866–331-9474.
2. National Domestic Violence Hotline. Call 800-799-7233.

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