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.

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.

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.”

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.
Is your relationship healthy?

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.

www.chnnyc.org

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

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.”