

HEALTHY RELATIONSHIP QUIZ

The person I am with:

1. YES NO Is very supportive of the things I do
2. YES NO Encourages me to try new things
3. YES NO Likes to listen when I have something on my mind
4. YES NO Understands that I have my own life too
5. YES NO Says I spend too much time with other friends or family
6. YES NO Acts extremely jealous or possessive
7. YES NO Controls what I wear or how I look
8. YES NO Accuses me of flirting or cheating when I'm not
9. YES NO Constantly checks up on me
10. YES NO Makes me feel nervous or like I'm "walking on eggshells"
11. YES NO Has big mood swings, getting angry and yelling one minute and being sweet and apologetic the next
12. YES NO Pressures me to send sexy or nude pictures
13. YES NO Threatens to destroy my things (phone, laptop, car, clothes, etc)
14. YES NO Humiliates me in front of other people
15. YES NO Pressures or forces me to go further sexually than I want to

Adapted with permission from Love Is Respect
For more information, visit www.loveisrespect.org

SOUTHWEST PA SAYS

NO MORE

SCORING

Give yourself:

One point for every NO in Q 1-4

One point for every YES in Q 5-6

Five points for every YES in Q 7-15

0

POINTS

You scored Zero? Don't worry—that's good! It sounds like your relationship is on a healthy track. Keep it up!

You might be noticing a couple of things in your relationship that are unhealthy. This doesn't necessarily mean they are warning signs, but it's a good idea to talk to your partner and let them know what you do and don't like. Encourage your partner to do the same. Communication is important in a healthy relationship.

1-2
POINTS

3-4

POINTS

You may be seeing some warning signs of unhealthy patterns or of an abusive relationship. Don't ignore these red flags. Something that starts small can grow worse over time. No relationship is perfect, but in a healthy relationship neither partner acts abusively.

If you scored five or more points, you are seeing warning signs. Your relationship may be abusive. It's important to get help to stay safe—don't try to do it alone. We're here to help you!

5+
POINTS



FIND HELP:

