

POSITIVE RELATIONSHIP QUIZ



**WHETHER YOU ARE
IN A LONG-TERM OR
CASUAL RELATIONSHIP,
YOU DESERVE TO
BE TREATED WELL
AND ENSURE THAT
YOU ARE TREATING
YOUR PARTNER
RESPECTFULLY.**

**TAKE THE QUIZ TO SEE
HOW HEALTHY YOUR
RELATIONSHIP IS.
TICK YES OR NO.**

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

TOTAL -----



**ABUSE AND CONTROLLING
BEHAVIOURS ARE NEVER OK.**

**HELP IS AVAILABLE WHETHER YOU ARE
BEING ABUSED OR BEING ABUSIVE.
EVERYONE DESERVES TO BE TREATED
WITH RESPECT.**



IN A RELATIONSHIP, I...

YES NO

- 1. Support my partner's decisions 0 1
- 2. Get on OK with her/his friends and family 0 1
- 3. Listen to her/his opinion 0 1
- 4. Spend time by myself 0 1
- 5. Trust my partner 0 1
- 6. Criticise or make fun of her/him in front of others 1 0
- 7. Get annoyed if I want sex but she/he doesn't 1 0
- 8. Get jealous when she/he talks to others 1 0
- 9. Constantly worry she/he is cheating on me 1 0
- 10. Text or call all the time to check up on them 1 0
- 11. Follow or check up on them (read their texts or emails) 5 0
- 12. Often get upset about what she/he does 5 0
- 13. Expect her/ him to tell me where they are all the time 5 0
- 14. Think it's OK to be rough sometimes 5 0
- 15. Take out my frustrations on her/him 5 0

TOTAL -----

SCORING

For questions 1-5
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 seems 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's sometimes hard to see how bad things have become.

IT IS OK TO ASK FOR HELP

If you are in danger call 111 and ask for Police
There are organisations in every community who can help. Find out what's available by phoning **0800 456 450** or visit **www.areyouok.org.nz**

