

POSITIVE RELATIONSHIP QUIZ



**INFORMATION
AND ADVICE
– WHAT NOW?**



IT IS
OK TO ASK
FOR
HELP

THE PERSON I AM WITH... QUIZ

SCORE: 1-2 POINTS

You might be surprised to find yourself in this category. It doesn't necessarily mean your relationship is unhealthy overall but there may be some aspects you want to address with your partner.

It's important to take early warning signs seriously, as relationship abuse gets worse over time.

Behaviours which you might shrug off as not important can escalate into serious and dangerous violence.

Relationship violence comes in many different forms, it's not just physical.

Changes to the power balance in a relationship happen gradually and are often subtle.

Talk to your partner about your score and which aspects of your relationship showed up as concerning. If this isn't possible, talk to a friend, family member or helping service.

**NO ONE SHOULD BE
FRIGHTENED OR SCARED
BY THEIR PARTNER.**

HELP IS AVAILABLE.

You can phone our information line on **0800 456 450** to find out about services in your community.

The phone line operates seven days a week, from 9am to 11pm.

If you or anyone else is in danger call the Police on **111**.

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THE PERSON I AM WITH... QUIZ

SCORE: 3–4 POINTS

Possible warning signs have been identified in your relationship. This means that some of the behaviours your partner is using could be domestic violence.

Relationship violence comes in many different forms, it's not just physical. It gets worse over time – both the seriousness and frequency of the behaviour.

While there are many aspects of your relationship that are positive, it would be a good idea to address the unhealthy aspects which your score has identified.

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THE PERSON I AM WITH... QUIZ

SCORE: 5+ POINTS

Don't ignore the warning signs in your relationship, it's important to take them seriously.

Relationship violence comes in many different forms, it's not just physical.

Relationship violence gets worse over time. The behaviours that a person uses to hurt or control their partner get more severe and more frequent.

Abusive relationships often start off especially romantic and intense. They can be characterised by lots of romantic attention – constant texts and phone calls, wanting to be with the other person all the time. Gradually this turns into possessiveness, jealousy and isolation from friends and family.

Any behaviour that makes someone else feel controlled and fearful is never OK.

No matter what your age or sex, it's never OK if your partner uses violence to hurt or control you.

If you are being hurt, it's not your fault and it's not OK.

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IN A RELATIONSHIP I... QUIZ

SCORE: 1–2 POINTS

You might be surprised to find yourself in this category. It doesn't necessarily mean your relationship is unhealthy overall but there may be some aspects of your behaviour you want to address.

It's important to take early warning signs seriously, as relationship abuse gets worse over time.

Behaviours which you might shrug off as not important can escalate into serious and dangerous violence.

Relationship violence comes in many different forms, it's not just physical.

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SCORE: 5+ POINTS

Don't ignore the warning signs in your relationship, it's important to take them seriously.

Relationship violence comes in many different forms, it's not just physical. You may not be hitting your partner, but your score shows that you are using controlling behaviours.

It is likely that your behaviour has got more controlling over the duration of the relationship.

No matter what your age or sex, it's never OK to use violence to hurt or control your partner.

If you are hurting your partner you need to get help to change your behaviour.

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