

How healthy is your RELATIONSHIP?

SPEAK UP
DON'T COVER IT UP!
TALK ABOUT TEEN DATING VIOLENCE



When you're in a relationship, you want to believe that it's perfect, and that you're meant for each other. So when you start to feel doubts, you may brush them away. But some of those doubts may actually be signs that you're in an unhealthy ... or even unsafe ... relationship.

Answers to these questions will help you determine the health of your relationship. **BUT BE HONEST. DON'T ANSWER BASED ON WHAT YOU THINK HE/SHE WOULD WANT YOU TO SAY.**

Does your boyfriend/girlfriend ever... **Always** **Usually** **Sometimes** **Never**

- Forget to thank you when you do something nice? _____
- Get jealous if you make new friends? _____
- Discourage you from doing things you enjoy? _____
- Drive by your house, call or text a lot? _____
- Get upset when you want to hang out with your friends or family? _____
- Make fun of you or call you names? _____
- Criticize your taste in music or clothes? _____
- Accuse you of flirting or cheating even if nothing has happened? _____
- Snap at you, give you attitude, or take their frustrations out on you? _____
- Throw things at you or hit walls? _____
- Go through your phone, texts, emails or belongings, like a wallet or purse? _____
- Talk down to or embarrass you in front of your friends or other people? _____
- Threaten you, themselves or people who are important to you? _____
- Make you nervous? _____
- Constantly check up on you or make you check in frequently? _____
- Blame you for everything that goes wrong? _____
- Have mood swings, getting angry one minute but apologetic and sweet the next? _____
- Physically try to hurt you? _____

| | | | | |
|---|----------|----------|----------|----------|
| Add up your answers in each column | _____ | _____ | _____ | _____ |
| Multiply the number of answers by | x | x | x | x |
| Total for each column | _____ | _____ | _____ | _____ |

Add up all four columns for your final total:

If you scored:

55 TO 72

You appear to be in a very unhealthy relationship and may be in danger. Please ask for help immediately.

36 TO 54

It appears that you may be experiencing some of the warning signs of an abusive relationship. Don't ignore these signs, because abuse tends to become worse over time. Ask for help, because nobody deserves to be abused.

28 TO 35

No relationship is perfect, but it sounds like yours may need a little work. Healthy relationships are built upon mutual respect and trust. Sharing your concerns with your dating partner is a great way to start.

18 TO 27

It sounds like you have a very healthy relationship! Remember, even the best relationships take work to keep them healthy and successful.

CALL TO ACTION:

If you feel afraid, there's probably a good reason. Get free help and advice from:

Sheltering Wings [317.745.1496](tel:317.745.1496) Indiana Coalition Against Domestic Violence Hotline [800.332.7385](tel:800.332.7385)

National Teen Dating Violence Hotline [866.331.9474](tel:866.331.9474)

Text "loveis" to [22522](tel:22522) to chat with someone who can help



Duke Energy supports Teen Dating Violence awareness

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