



## How am I treated in my relationship?

Whether you're in a long-term or casual relationship, you deserve to be treated well.

Take the quiz to see how healthy your relationship is.

### Instructions

- Tick the YES or NO box for each question
- Add up the points associated with each question and see what your total is
- Have a look at the results

### 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

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





## Results

### 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

## 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.

## There is no shame in asking for help

If you are in danger call 111 and ask for Police. There are also organisations in every community who can help. Find out what's available by phoning the 0800 Family Violence Information Line (0800 456 450) which operates from 9am-11pm daily or visit

[www.areyouok.org.nz](http://www.areyouok.org.nz)

