



How do I treat my partner in our relationship?

Whether you're in a long-term or casual relationship, you need to ensure that you are treating your partner respectfully.

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

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





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

