

# 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.**

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

