

Is My Relationship Healthy?

What makes a healthy relationship?

Each relationship is unique, but all healthy relationships have a few things in common. In a healthy relationship there should be trust, support, respect, and equality, and it should be fun. Take the quiz below, and find out how healthy your relationship is!



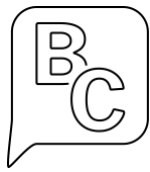
HOW TO USE THIS HANDOUT

Indicate who in your current relationship does the following things by marking one of the boxes to the right of each statement. Put an X in the “Neither Person,” “One Person,” or “Both People” columns.



STEP 1: TAKE THE QUIZ

	NEITHER PERSON	ONE PERSON	BOTH PEOPLE
1. Consider partner’s likes and dislikes when making plans	0	1	2
2. Share what they like about their partner	0	1	2
3. Support partner in working toward personal goals	0	1	2
4. Respect and follow rules set by partner’s caregiver(s) and/or family	0	1	2
5. Comfort partner when they are upset, sad, or frustrated	0	1	2
6. Respect partner’s decisions about sexual behavior	0	1	2
7. Show they respect partner in public and in private	0	1	2
8. Care if the other person has fun when going out	0	1	2
9. Trust that partner is being honest	0	1	2
10. Treat partner’s property/belongings well	0	1	2
11. Admit mistakes	0	1	2
12. Respect online and social media privacy	0	1	2
13. Respect partner’s need for alone time	0	1	2
14. Ask for and listen to partner’s point of view (even when having a disagreement)	0	1	2
15. Treat partner as an equal	0	1	2
16. Feel OK with partner spending time with caregiver(s), family, and friends	0	1	2
17. Would never cheat	0	1	2
18. Tell the truth about feelings and thoughts	0	1	2
19. Discuss what to do for birth control	0	1	2
20. Always ask for consent before kissing or doing something sexual	0	1	2



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STEP 2: FIND OUT YOUR SCORE

1. Count the number of points.
2. Write the number of point down.
3. See how you scored below:

Score of 0-20:

This relationship has room for improvement. A healthy relationship is one in which both people contribute equally. A score between 0 and 20 indicates that the relationship is either one-sided or not very supportive for both people. This relationship might work with combined effort and commitment, but both partners should check in with themselves, each other, and potentially a trusted adult or friend. Does this relationship feel good to you?

Score of 20-30:

Your relationship has potential, but it might take a good amount of work. If your points are coming more from one partner's actions than the other's, your relationship may not be based in shared respect and equality. If this is a relationship that you and your partner want to continue to be in, you both need to pick a few areas to work on in order to make this a healthier relationship. Make it a shared goal with your partner to increase the number of X's in the "Both People" column.

Score of 30-40:

You're on track for a healthy relationship! Healthy relationships take time and effort, and you are both definitely working at it. You have high levels of trust, support, fun, equality, and respect in your relationship. Both partners should keep up the good work and know there is always room for improvement!

Adapted from **Ball, B.**, Rosenbluth, B., Aoki, A., Greene, M., & Randolph, R. (2019). *Expect Respect: Promoting Safe and Healthy Relationships for Youth*. Austin, TX: SAFE.



ADDITIONAL RESOURCES

Love is Respect (www.loveisrespect.org).

Love Is Respect offers youth-friendly information and interactive activities and quizzes about healthy relationships, dating violence, and safety

That's Not Cool (<https://thatsnotcool.com>)

That's Not Cool provides resources for young people and adult allies about recognizing dating abuse and stalking behaviors.