

Relationship Questions

The questions below ask about your relationship. The first set of questions asks about unhealthy relationships and second set asks about violent dating behaviors.

Healthy Relationship Questions

Yes	No	
		Does your partner frequently hurt your feelings by making fun of you, teasing you, or calling you names?
		Does your partner use you for housing, money, or other resources?
		Does your partner yell at you or get overly angry or aggressive when he/she does not get his/her way?
		Does your partner have abnormal mood swings that alarm or scare you?
		Does your partner tell you what to do, or put you down for not doing things his/her way?
		Does your partner check your phone, email, or social network accounts without your permission?
		Does your partner complain, get jealous, or get angry when you spend time with other people?
		Does your partner get angry when you do not answer his/her calls, texts, or messages right away?
		Does your partner upset you and then call you too sensitive or say you are overreacting?
		Do you feel like you have to watch what you say and how you behave around your partner to not anger him/her?

If you answered yes to any of the above, you may be in an unhealthy relationship. You deserve to be with someone who treats you with respect. Talk to a trusted friend or counselor.

View the Resource Guide at <http://fsutoolkit.csw.fsu.edu/resources/>.

Dating Violence Questions

Yes	No	
		Has your partner hit, kicked, bitten, or slapped you?
		Has your partner ever threatened to hurt you or your friends/family?
		Does your partner control who you can be friends with?
		Has your partner ever forced you to participate in sexual activities against your will, or had sex with you without your consent?
		Does your partner stalk or follow you in person or online (cyber stalking)?
		Are you afraid to make your partner upset or angry because he/she may react violently?
		Does your partner control how much money you can spend, who you can hang out with, and/or where you can go?
		Has your partner's behavior caused your grades to go down, interfered with your schoolwork, or caused you to quit activities you previously took part in?
		Does your partner have violent outbursts? This includes punching walls, throwing objects, breaking things, etc.
		Does your partner demand to know where you are and who you are with the majority of the time you are apart?

If you answered yes to any of the above, dating violence and the threat of serious harm may be present. We are worried about you. Talk to a counselor and view the Resource Guide at <http://fsutoolkit.csw.fsu.edu/resources/>

Remember:

No one deserves to be in an unhealthy or violent relationship.

You cannot change an abusive partner.

Violence escalates; it does not get better.

You deserve a healthy relationship.

Help is out there. Just ask.

Visit the Resource Guide:

<http://fsutoolkit.csw.fsu.edu/resources/>