

## ARE YOU IN A HEALTHY RELATIONSHIP?

### TAKE THE QUIZ AND FIND OUT!

**Healthy** relationships have some things in common – like respect, equality, trust, support, and of course, shared fun. Are your relationships healthy? Take this quiz and find out! Decide who usually does the following in your relationship. Check all the boxes that apply. Then, add the Me and Partner column totals together and see what your score says about your relationship. (Adapted from Start Strong Idaho.)

	NEITHER	ME	PARTNER
Accept each other			
Equal say in relationship, plans, decisions			
Always honest			
Use kind words and touch – never hostile			
Respect decisions without being pushy			
Share things we like about each other			
Supportive of personal goals and school			
Comforting when upset			
Solve problems calmly – no drama			
Respect space for friends, family, self			
Respect privacy including online			
Admit and correct mistakes			
Trusting – not jealous or doubting			
Have fun and feel good about what we do			

#### NOTES

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#### So, do you have a healthy relationship?

**Scores 0 -14: Not!** Real healthy relationships take two. Who’s doing the work? This relationship could be one-sided or nobody’s trying very hard. Hey – it could work with combined effort, but it may be time to get some help or talk to someone you trust.

**Scores 15-21: Potentially.** It might be time for you both to amp up your efforts if you really want it to work. Focus on the good, and work together to raise your score. If you’re doing all the work, consider moving on to make room for a real healthy relationship! Remember – friends are great to practice healthy relationships with too.

**Scores 22-28: Yes!** Healthy relationships take time and effort and you are both doing your part. You have high levels of trust, support, fun, equality, and respect in your relationship. Keep up the good work, keep it real – and it can even get better!

#### References

The National Campaign to Prevent Teen & Unplanned Pregnancy,  
[www.thenationalcampaign.org](http://www.thenationalcampaign.org) Start Strong Idaho campaign materials

## CHAPTER 6 HUMAN TRAFFICKING

