RAFFICKIN

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 Start Strong Idaho campaign materials

CHAPTER 6
HUMAN TRAFFICKING

BE AWARE

What is human trafficking?

Human trafficking is when people are sold, bought, or traded, much like slaves. It can happen to young men and young women, and the traffickers often target young children and teens as their victims.

Traffickers sometimes attempt to recruit victims at malls, bus stops, concerts, through social media/chat rooms, and even send recruiters to schools. They may also pose as friends, boyfriends, modeling agents, and even family members to pressure victims into the sex trade. Traffickers have been known to:

- Promise their victims shelter, relationships, and love.
- Give their victims gifts and treat them well before they show their true intent.
- Trick the victim into developing an attachment to them to convince them to stay.
- Control their victims by threatening to harm them, or using acts of violence on the victim and their family.

NOTES

Be Aware: Every young person, boy or girl, is in danger of being targeted.

Remember, you have the right...

- To be treated with respect always
- To be in a healthy relationship
- Not to be abused physically or emotionally
- To keep your body, feelings, beliefs and property to yourself
- To set limits and values
- To say NO
- To feel safe in a relationship
- To leave a relationship

Resources

State of Arizona, End Sex Trafficking AZ, www.endsextrafficking.az.gov

DID YOU KNOW

The National Human
Trafficking Resource Center
has a toll-free hotline
available to answer calls
and texts from anywhere in
the country, 24 hours a day,
7 days a week, every day of
the year.
Call 1-888-373-7888 or text
BeFree (233733).





CHAPTER 7

BE HEALTHY TIPS