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QUESTION: Name three important qualities of a healthy relationship.

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QUESTION: Which of the following is **NOT** an element of a healthy relationship?

- a. Trust one another
- b. One person makes all the decisions
- c. Respect one another
- d. Open and honest communication

POSSIBLE ANSWERS:

- Trust
- Respect
- Honesty
- Loyalty
- Open Communication
- Fun
- Caring

ANSWER: b. One person makes all the decisions

When one person in the relationship is making all the decisions they hold the most power and may be manipulative. It is best if both of you make decisions together.

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QUESTION: Name three resources you can turn to if you are worried about abuse in your relationship.

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QUESTION: Name three characteristics of an unhealthy relationship.

POSSIBLE ANSWERS:

- Family
- Friends
- Teachers
- Counselors
- Coaches
- Parents

POSSIBLE ANSWERS:

Jealousy	Dishonesty
Abuse	Possessiveness
Obsession	Lies
Manipulation	Fear

Some of these characteristics are easier to spot than others such as physical abuse. Listen to your instincts and talk with people you trust regarding maintaining a relationship and making wise decisions. If abuse is involved it is time for the relationship to end.

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QUESTION: Which of the following are signs that you may be in an abusive relationship?

- a. bruises, scratches or other injuries
- b. avoiding friends
- c. apologizing for your partner's behavior
- d. all of the above

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QUESTION: TRUE OR FALSE: The average age of a first violent relationship experience is around 15 years of age.

ANSWER: d. All of the above

Relationship abuse comes in many forms; some are easier to spot than others. The person being abused may not be able to identify the abuse but their behavior may show signs. Avoiding friends is a way of hiding the abuse from the people who care about you.

ANSWER: TRUE

About one in ten teenagers experience physical violence in a dating relationship. Teens are at risk for abuse in their relationships due to inexperience and stereotypes. Violence is never OK.