HEALTHY RELATIONSHIP QUIZ

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

Directions: Indicate who in your current relationship does the following things by marking one of the boxes to the right of each statement. You should put an **X** in either the **Neither Person/One Person** or **Both People** columns.	Neither Person Or One Person	Both People
Considers partner's likes and dislikes when making plans		
Shares things he/she likes about their partner		
Supports partner in setting and meeting personal and school goals		
Encourages partner to be the person they want to be		
Comforts partner when upset, sad, frustrated, etc.		
Asks for and listens to partner's point of view (even when having a disagreement)		
Respects partner's need for alone time		
Treats partner's property/belongings well		
Treats partner as an equal		
Respects online privacy (Facebook, e-mail, text messages etc)		
Respects decisions around sex		
Admits mistakes		
Okay with partner spending time with family and friends		
Trusts that partner is being honest about his/her actions and activities		
Cares if the other person has fun when going out		
Communicates respectfully both publically and privately		
TOTAL: Count the number or **X's** for the **Both People column only**, and write the number in the bold box to the right		

HOW DID YOUR RELATIONSHIP SCORE?

SEE BACK TO FIND OUT

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Score of 0-8: This relationship has room for improvement. A healthy relationship needs both people to contribute equally. A score between 0-8 indicates that the relationship is either one-sided or nobody's trying very hard. This relationship might work with combined effort and commitment, but it may be time for a reality check for both partners. Does this relationship feel good to you?

Score of 8-12: Your relationship has potential but it might take a good amount of work. 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 more healthy relationship. Make it a shared goal with your partner to increase the number of **X**'s in the **Both People** column.

Score of 12-16: 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 in this relationship, there is always room for improvement!

BOSTON PUBLIC HEALTH COMMISSION

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