

If you scored five or more points, you are definitely seeing warning signs and may be in an abusive relationship. Remember, the most important thing is your safety--consider making a safety plan. You don't have to deal with this alone. We can help. Chat with DVSSP Counselor Advocate to learn about your different options. All calls are free and confidential.

Score: 5 or More Points

If you scored three or four points, it sounds like you may be seeing some warning signs of an abusive relationship. Don't ignore these red flags. Something that starts small can grow much worse over time. No relationship is perfect--it takes work! But in a healthy relationship, you won't find abusive behaviors.

Score: 3-4 Points

If you scored one or two points, you might be noticing a couple of things in your relationship that are unhealthy, but it doesn't necessarily mean they are warning signs. It's still a good idea to keep an eye out and make sure there isn't an unhealthy pattern developing. The best thing to do is to talk to your partner and let them know what you like and don't like. Encourage them to do the same. Remember, communication is always important when building a healthy relationship. It's also good to be informed so you can recognize the different types of abuse.

Score: 1-2 Points

You got a score of zero? Don't worry--it's a good thing! It sounds like your relationship is on a pretty healthy track. Maintaining healthy relationships takes some work--keep it up! Remember that while you may have a healthy relationship, it's possible that a friend of yours does not. If you know someone who is in an abusive relationship, find out how you can help them by visiting loveisrespect.org

Score: 0 Points

Give yourself one point for every "no" response to statements 1-4, one point for every "yes" response to numbers 5-8, and five points for every "yes" response to numbers 9-26. Now that you've finished and have a total score, the next step is to find out what it means. Simply take the total score and learn more about what it means below.

SCORING

Healthy Relationships are Built on Equality and Respect

RESPECT
GOOD COMMUNICATION
TRUST
HONESTY
EQUALITY

You make decisions together and can openly discuss whatever you're dealing with, like relationship problems and sexual choices. You enjoy spending time together, but can be happy apart.

Unhealthy Relationships are Based on Attempts to Control the Other Person.

BREAKS IN COMMUNICATION
PRESSURE
DISHONESTY
STRUGGLES FOR CONTROL
INCONSIDERATE BEHAVIOR

One person tries to make most of the decisions. He or she may pressure their partner about sex or refuse to see how their actions can hurt. In an unhealthy relationship, you may feel like you should only spend time with your partner.

Abusive relationships are based on an imbalance of power and control

ACCUSATIONS
BLAME SHIFTING
ISOLATION
PRESSURE
MANIPULATION

One person is making all the decisions, friend groups, boundaries, even what's true and what's not. You spend all of your time together and feel like you can't talk with other people, especially about what's really happening in your relationship.¹

¹information from: loveisrespect.org



1 in 3 adolescents in the U.S is a victim of physical, sexual, emotional or verbal abuse from a dating partner.¹

1 in 10 high school students has been purposefully hit, slapped or physically hurt by a boyfriend or girlfriend.¹

Only 33% of teens who were in an abusive relationship ever told anyone about the abuse.²

48% of 12 to 18 yr olds who have been in a relationship have been stalked or harassed by a partner, and 42% have stalked or harassed a partner.³

The burden of TDV is not shared equally across all groups--sexual minority groups are disproportionately affected by all forms of violence, and some racial/ethnic minority groups are disproportionately affected by many types of violence⁴

¹Loveisrespect.org Dating Abuse Statistics (LIVEYOURDREAM.ORG)
²Liz Claiborne Inc., conducted by Teenage Research Unlimited (February 2005) (www.loveisrespect.org)
³<http://www.bu.edu/articles/2020/almost-half-of-us-teens-have-been-stalked-or-harassed-by-their-partners/>
⁴<https://www.reclaimtheinternet.com/dating/teen-dating-violence-statistics/>

307-514-4450
info@sfsw.org
www.sfsw.org



**Strong Families
Strong Wyoming**
A Healthy Marriage and Relationship Education Project

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FOLD

Everyone deserves to feel safe and respected in their relationships.

* Quiz and answers developed by Love is Respect

1. Is very supportive of things I do.	Yes	No
2. Encourages me to try new things.	Yes	No
3. Likes to listen when I have things on my mind.	Yes	No
4. Understands that I have my own life.	Yes	No
5. Is not liked very well by my friends.	Yes	No
6. Says I am too involved in different activities.	Yes	No
7. Texts me or calls me all the time.	Yes	No
8. Thinks I spend too much time trying to look nice.	Yes	No
9. Gets extremely jealous or possessive.	Yes	No
10. Accuses me of flirting or cheating.	Yes	No
11. Constantly checks up on me or makes me check in.	Yes	No
12. Controls what I wear or how I look.	Yes	No
13. Tries to control what I do or who I see.	Yes	No
14. Tries to keep me from seeing or talking with family or friends.	Yes	No
15. Has big mood swings, getting angry and yelling at me one minute but being sweet and apologetic the next.	Yes	No
16. Makes me feel nervous or like I'm "walking on egg shells."	Yes	No
17. Puts me down, calls me names, or criticizes me.	Yes	No
18. Makes me feel like I can't do anything right or blames me for problems.	Yes	No
19. Makes me feel like no one else would want me.	Yes	No
20. Threatens to hurt me, my friends, or family.	Yes	No
21. Threatens to hurt him or herself because of me.	Yes	No
22. Threatens to destroy my things.	Yes	No
23. Grabs, pushes, shoves, chokes, punches, slaps, holds me down, throws things, or hurts me in some way.	Yes	No
24. Breaks or throws things to intimidate me.	Yes	No
25. Yells, screams, or humiliates me in front of other people.	Yes	No
26. Pressures or forces me into having sex or going farther than I want to.	Yes	No

Answer the following questions by checking either "yes" or "no" next to each statement. # of Points

Take the Healthy Relationship Quiz

teen dating

"Be the person who plants positive flowers in others"



STUDENT ART CONTRIBUTORS:
Marisol Gomez, Keegan Huston,
Malinah Nunnaley, and Madeleine Prince

CLASS:
Morgan Martin, Child Development,
Laramie High School

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WHAT YOU CAN DO

If you are in a violent, or potentially violent relationship, do this:

- * Make a safety plan and get help.
- * Talk with someone you trust: a teacher, guidance counselor, doctor, friend or parent.
- * Contact the police or a local domestic violence center or call the National Teen Dating Abuse Hotline at (866)331-9474 or the National Domestic Violence Hotline at (800) 799-SAFE.

* Realize that violence will not just stop or go away. You cannot change your boyfriend/girlfriend by changing your behavior.

* You are not responsible for the abuse. Your boyfriend/girlfriend may need counseling or other help to change. IF YOU HAVE A FRIEND WHO YOU SUSPECT IS IN AN ABUSIVE RELATIONSHIP

DON'T KEEP QUIET!

THREATENS to harm themselves if you ever break up with them

Tells you **WHAT TO DO**, what to wear or how to act

CALLS you names or PUTS you DOWN

Constantly **CHECKS UP** on you by calling or texting

ACTS JEALOUS and frequently accuses you of things



5 Forms of Technology ABUSE

- Digital Disrespect**
Bad mouthing through social networking sites, text messages, IMs, or other.
- Constant messaging/threatening text messages**
Obsessively texting to keep track of whereabouts, Requesting calls/texts when leaving or going places.
- Cyberstalking**
Sends harassing emails, instant or text messages, or social media posts.
- Threatening to share pictures**
Sexting may seem harmless but it can be used as a form of control when someone threatens to share or expose the images.
- Impersonating through social networking**
Using someone's username and password to get into their account, creating fake pages, etc.



[@infosfsw](https://twitter.com/infosfsw)
[@strongfamiliesstrong](https://www.instagram.com/strongfamiliesstrong)
[@sfsw7](https://www.snapchat.com/add/sfsw7)
[@StrongFamiliesStrongWY](https://www.facebook.com/StrongFamiliesStrongWY)

**National Teen
Dating Abuse
Hotline:
866-331-9474**



**"FIND SOMEONE WHO GROWS
FLOWERS IN THE DARKEST
PARTS OF YOU "**

ZACH BRYAN

Title:
"Be the person who plants positive flowers in others"
Students:
Marisol Gomez, Keegan Huston, Malinah Nunnaley, and Madeleine Prince
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FACTS

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Nearly 1 in 11 female teens and about 1 in 15 male high school students report having experienced physical dating violence, and about 1 in 9 female and 1 in 36 male high school students report having experienced sexual dating violence.⁵

SFSW extends heartfelt gratitude to all teachers and youth participants who contributed to this impactful project by submitting student art to our Teen Dating Violence Awareness Month art contest. Your dedication has played a crucial role in raising awareness and fostering prevention efforts against TDV. Thank you for being an integral part of this meaningful initiative!

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⁴<https://www.reclaimtheinternet.com/dating/teen-dating-violence-statistics/>
⁵<https://www.cdc.gov/injury/features/dating-violence/index.html>