

Name: \_\_\_\_\_

## HEALTHY RELATIONSHIPS SURVEY

Write "yes" or "no" after each question.

### SCHOOL:

1. have my **grades** dropped , stayed the same or improved since I've been with this person?
2. does this person pressure me to **skip school** \_\_\_\_\_?
3. have I ever missed or been late to school/class because of a fight with this person?
4. have I ever **quit** \_\_\_\_\_ a school group or club so I could spend time with this person?

### WORK:

5. have I ever missed or been late to work because of a fight with this person?
6. does this person pressure me to miss work?
7. has this person ever shown up at my job to check up on me?
8. do I talk to this person on the phone so much from work it interferes with my job?

### PHYSICAL HEALTH:

9. have I ever **cut** \_\_\_\_\_ myself, or given myself other injuries after a fight with this person?
10. have I gained or lost a lot of weight since I've been in this relationship?
11. have I ever been so upset about a fight with this person that I was physically **sick**\_\_?
12. does this person ever **threaten** \_\_\_\_\_ me physically or do dangerous things like driving too fast with me in the car?

### EMOTIONAL HEALTH:

13. do I feel **worse** \_\_\_\_\_ about myself since I've been in this relationship?
14. do I ever think "I'm **nothing** \_\_\_\_\_ without this person"? or that I couldn't go on without them?
15. do I feel more stressed, depressed, or cry more frequently since I've been in this relationship?
16. do I have more trouble sleeping or sleep more than usual since I've been with this person?

### USE OF DRUGS/ALCOHOL:

17. have I **started** \_\_\_\_\_ or increased drinking alcohol or using drugs since I've been with this person?
18. does this person **pressure** \_\_\_\_\_ me to drink alcohol or use drugs?
19. do I ever use alcohol/drugs to help myself **calm** \_\_\_\_\_ down or feel better after a fight with this person?

20. do I ever use drugs or alcohol because it will “loosen me up” around this person or his/her friends?

### **MY FAMILY AND FRIENDS:**

21. have I grown **apart** from family and/or friends since I’ve been in a relationship with this person?

22. does this person ever act **jealous** of my friends/family + try to keep me away from them?

23. do I find myself lying to my friends and family to **cover up** for this person?

24. does my family/friends disapprove of this person?

**(the more “yes” answers, the more unhealthy this relationship is...)**

Here is some information on Abusive Relationships:

#### **Emotional Abuse:**

- put-downs**, calling names
- saying you’re not good enough or that no one will ever **love** you
- threatening, intimidating
- making you feel **scared**
- humiliating you, embarrassing you
- controlling** what you wear, what you do, who you’re with
- guilt trips, jealousy
- keep you away from family/friends

#### **Physical Abuse:**

- pushing, shoving, pinching**
- grabbing, hitting, kicking**
- pulling hair**
- choking**
- slapping, biting**
- arm twisting**
- following, stalking**
- trapping, blocking your way**
- burning you, -holding you down**

Nearly 80% of girls who have been physically abused continue to date their abuser!

#### **14 Warning Signs of an Abusive Person:** (they may not hit you at first,

but is he/she:

1. pushing for quick involvement: comes on strong, wants you exclusively
2. jealous: possessive, calls all the time, **checks up on you**
3. controlling: asks you where you were, who were you with
4. isolating: tries to **cut you off** from family and friends
5. blaming you for everything: nothing is their fault
6. hypersensitive: is easily insulted and hurt, life is unjust for them
7. cruel to animals and children: expects a child to do more than they can
8. verbally abusive: criticizes you, says **cruel** things, degrades you
9. suddenly moody: switches from sweet to violent in minutes
10. admitting a history of battering: admits to hitting a partner in the past

# You might also be interested in some of our #1 best-selling Health and P.E. resources:

See our [Health Education Today Store!!](#)

## Secondary Health Resources:



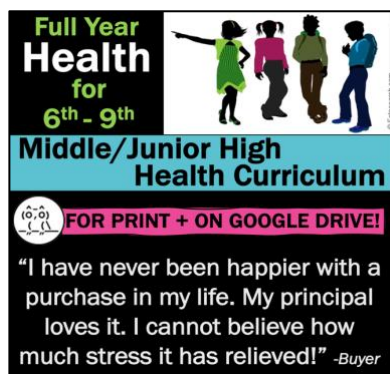
**Health Curriculum for Grades 9-12**

A Complete Semester/Year of High School Health Lessons

**#1 Best Seller on TPT!** FOR PRINT + ON GOOGLE DRIVE!

"You've created the best overall teaching lessons I've seen in 22 years!"

"I was bored to tears teaching Health. Now it's my favorite class!"

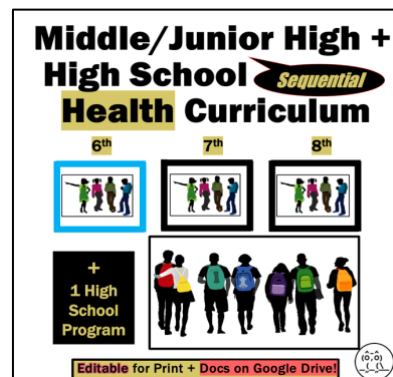


**Full Year Health for 6<sup>th</sup> - 9<sup>th</sup>**

**Middle/Junior High Health Curriculum**

**#1 Best Seller on TPT!** FOR PRINT + ON GOOGLE DRIVE!

"I have never been happier with a purchase in my life. My principal loves it. I cannot believe how much stress it has relieved!" -Buyer

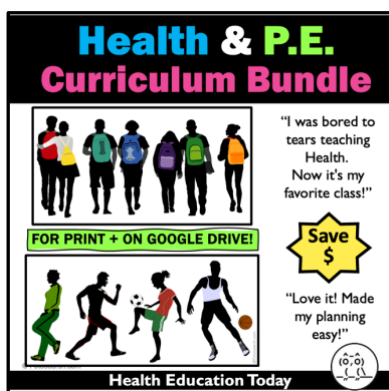


**Middle/Junior High + High School Sequential Health Curriculum**

6<sup>th</sup> 7<sup>th</sup> 8<sup>th</sup>

**#1 Best Seller on TPT!** + 1 High School Program

Editable for Print + Docs on Google Drive!



**Health & P.E. Curriculum Bundle**

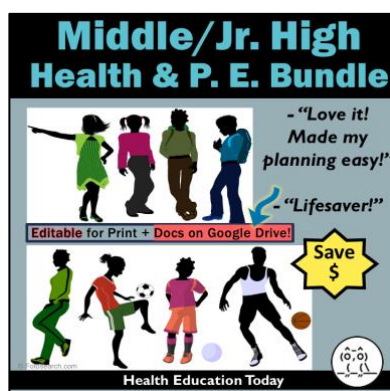
"I was bored to tears teaching Health. Now it's my favorite class!"

FOR PRINT + ON GOOGLE DRIVE!

**Save \$**

"Love it! Made my planning easy!"

Health Education Today



**Middle/Jr. High Health & P.E. Bundle**

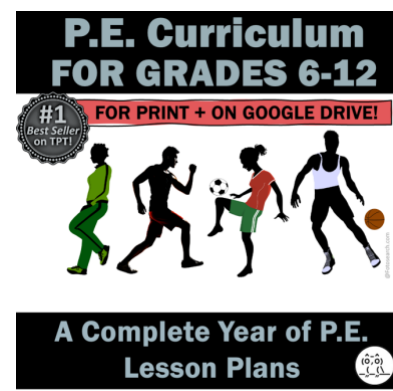
"Love it! Made my planning easy!"

"Lifesaver!"

Editable for Print + Docs on Google Drive!

**Save \$**

Health Education Today



**P.E. Curriculum FOR GRADES 6-12**

**#1 Best Seller on TPT!** FOR PRINT + ON GOOGLE DRIVE!

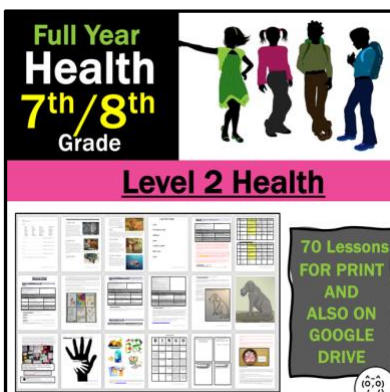
A Complete Year of P.E. Lesson Plans



**Full Year Health 6<sup>th</sup>/7<sup>th</sup> Grade**

**Level 1 Health**

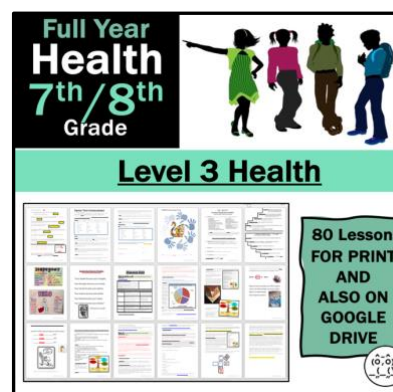
70 Lessons FOR PRINT AND ALSO ON GOOGLE DRIVE



**Full Year Health 7<sup>th</sup>/8<sup>th</sup> Grade**

**Level 2 Health**

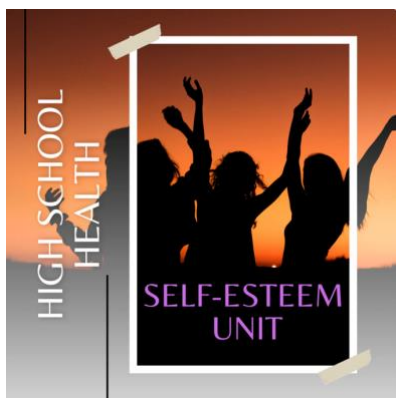
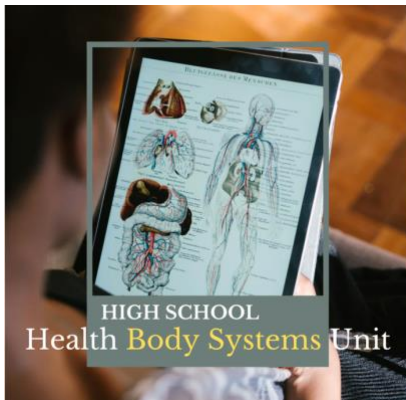
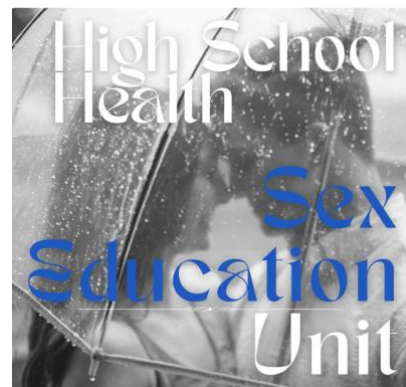
70 Lessons FOR PRINT AND ALSO ON GOOGLE DRIVE

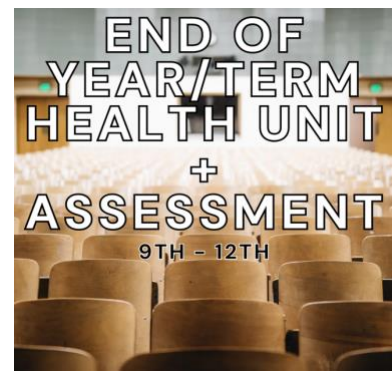
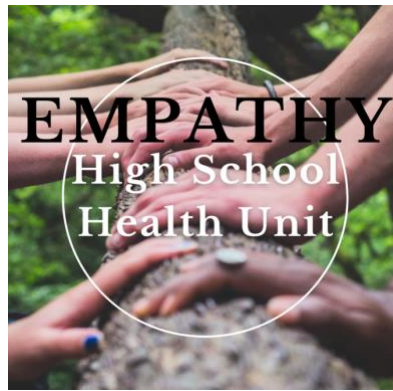
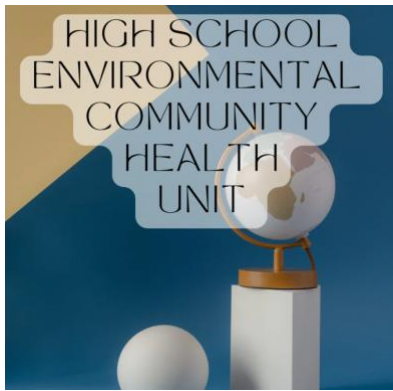


**Full Year Health 7<sup>th</sup>/8<sup>th</sup> Grade**

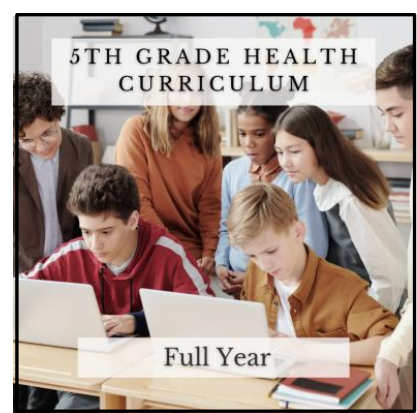
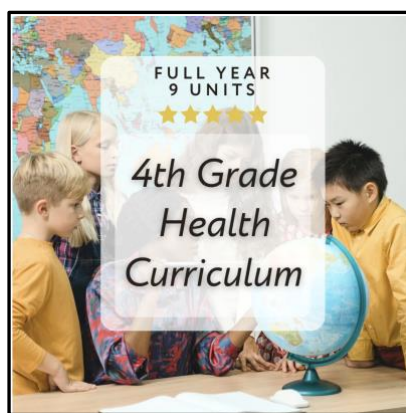
**Level 3 Health**

80 Lessons FOR PRINT AND ALSO ON GOOGLE DRIVE

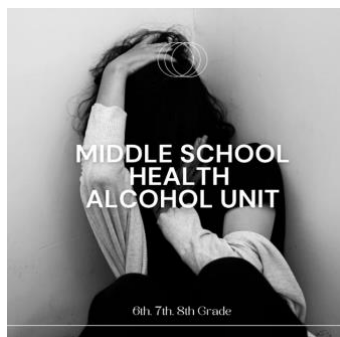
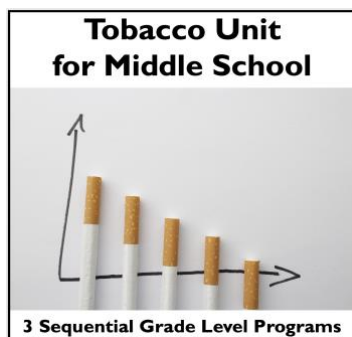
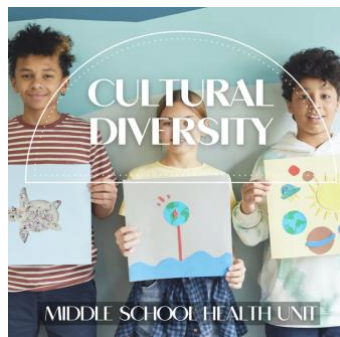
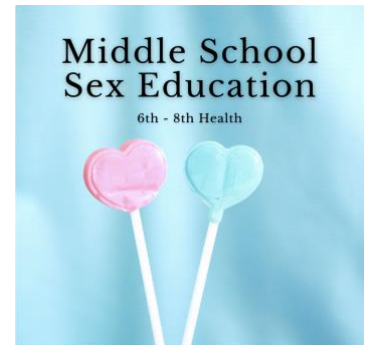
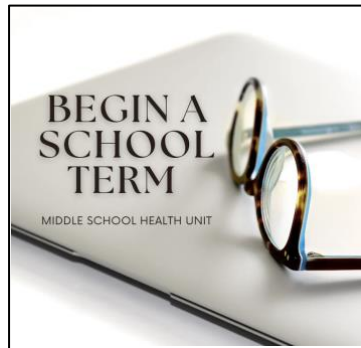


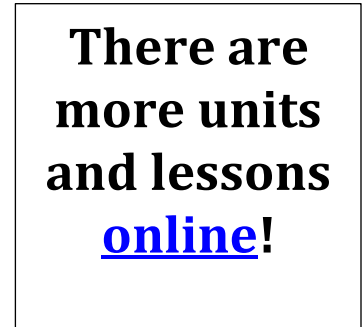


# Elementary Health Resources:

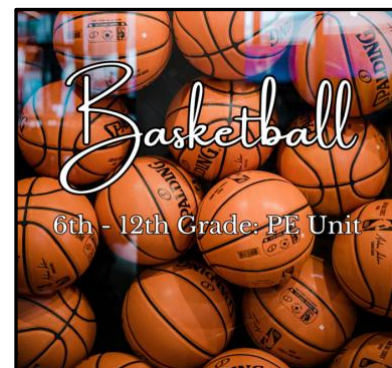
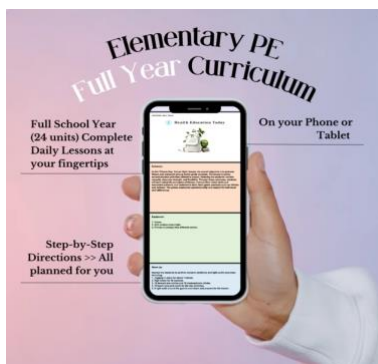
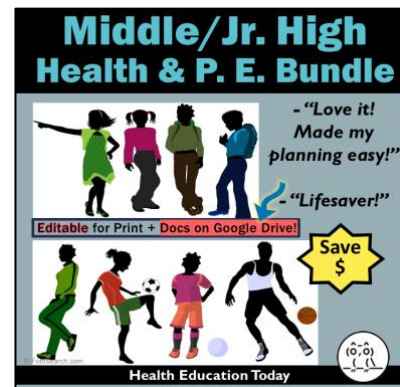
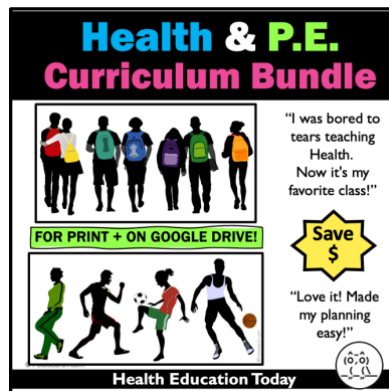
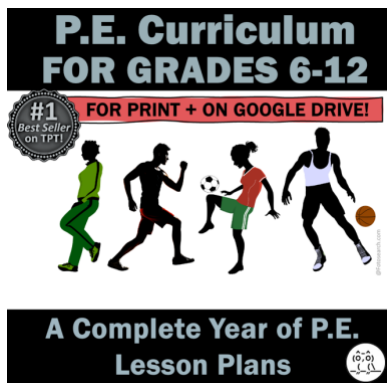


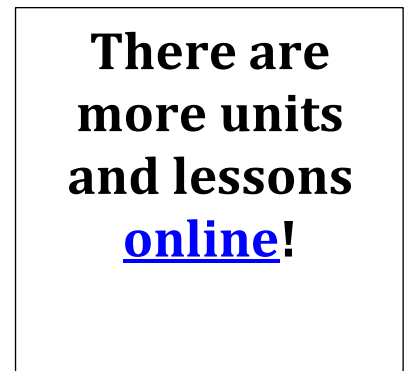
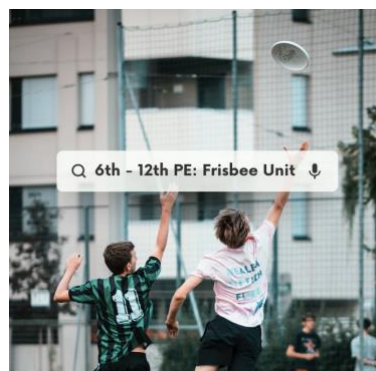
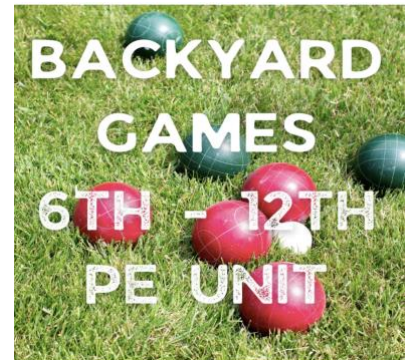
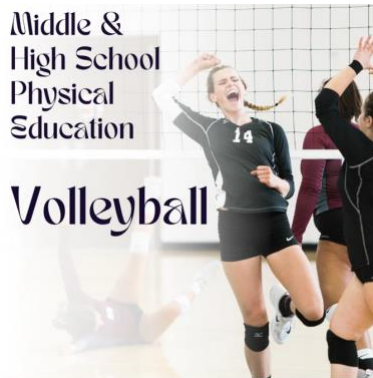
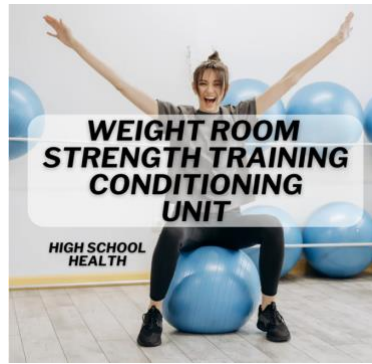
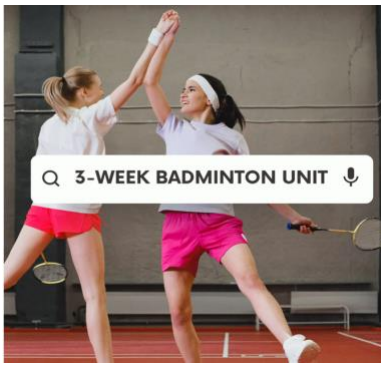
# Middle School Health





# Physical Education Resources:





Thanks for previewing!