

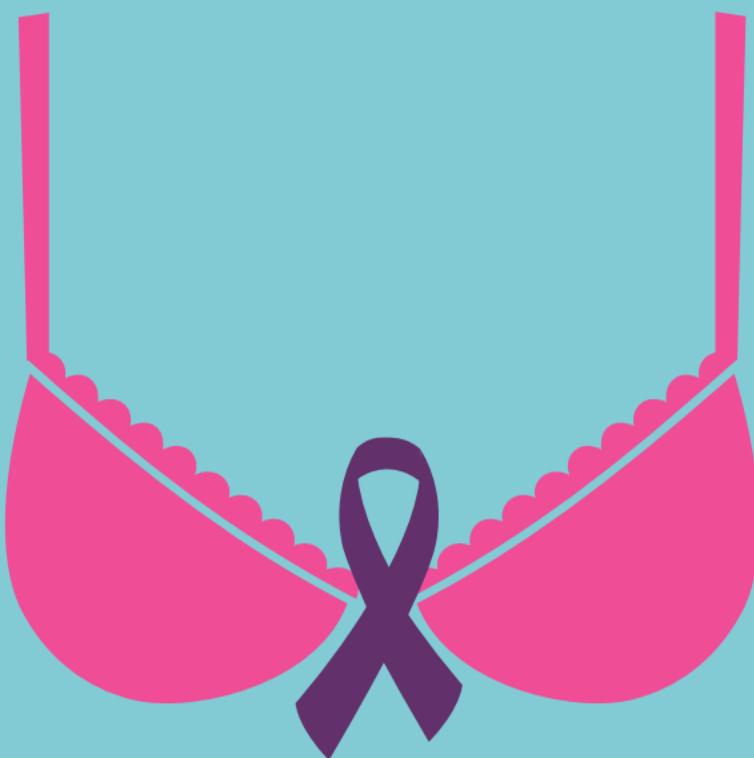
*This October*

# **WEAR A LITTLE PURPLE**

---

## *with your pink*

---



**5 women lose their lives to  
domestic violence every day**

---

**OCTOBER IS ALSO DOMESTIC  
VIOLENCE AWARENESS MONTH**

# *Healthy Relationship Quiz*

# IS YOUR RELATIONSHIP HEALTHY?

## THE PERSON I'M WITH...

Is very supportive of things that I do.

Encourages me to try new things.

Likes to listen when I have something on my mind.

Understands that I have my own life too.

Is not liked very well by my friends.

Says I'm too involved in different activities.

Texts me or calls me all the time.

Thinks I spend too much time trying to look nice.

Gets extremely jealous or possessive.

Accuses me of flirting or cheating.

Constantly checks up on me or makes me check in.

Controls what I wear, how I look or what I do.

Tries to keep me from seeing or talking to my family and friends.

Makes me feel nervous or like I'm "walking on eggshells."

Puts me down, calls me names or criticizes me.

Makes me feel like I can't do anything right; blames me for problems.

Makes me feel like no one else would want me.

Threatens to hurt me, my friends or family.

Threatens to hurt him or herself because of me.

Threatens to destroy my things.

Grabs, pushes, shoves, chokes, punches, slaps, holds me down.

Breaks or throws things to intimidate or hurt me.

Yells, screams or humiliates me in front of other people.

Pressures or forces me into having sex or going further than I want to.

Did you agree with mostly green statements and fewer of the yellow, orange and red? Awesome. Those are signs of healthy relationships.

If you agreed with more orange and red statements, you're seeing some warning signs of an abusive relationship. Statements in red are the most severe warning signs.

No relationship is perfect, but in a healthy relationship, you shouldn't see abusive behaviors. The most important thing is your safety.

Make a safety plan, talk to someone, or just learn more at  
[www.thecenteronline.org](http://www.thecenteronline.org) or [www.loveisrespect.org](http://www.loveisrespect.org).



24 Hour Crisis & Information Line

**1-844-BE-SAFE-1**

[www.thecenteronline.org](http://www.thecenteronline.org)

FACEBOOK + TWITTER  
[@thecenteronline](https://twitter.com/thecenteronline)