

When a relationship starts off you want to be together all the time.

Controlling behaviour can start to show up after a few months or a few years.

This includes:

- telling you what to wear
- resenting time you spend with other people
- wanting to know what you are doing and where you are
- putting you down
- getting jealous
- snooping on your phone or Facebook page
- making all the decisions
- hitting, pushing, choking.

If you are worried about your own or a friend's relationship it is OK to ask for help.

It's not OK: 0800 456 450 or areyouok.org.nz



Youthline:

0800 37 66 33 or
youthline.co.nz

What's Up:

whatsup.co.nz/teens/
most-talked-about/
relationships

Prepair

prepairnz.com

Is it really love?

**It can be hard to tell
what is OK and what's
not in a relationship.**

**Is constant texting a show of love
or control?**

**Is wanting to be alone with you
all the time cute or possessive?**

**Is making fun of you just a joke
or a put-down?**

A good relationship is built on:

- honesty and trust
- freedom to talk to or text whoever you want
- being alone when you want
- spending time with other people
- feeling good about yourself

- give and take
- being liked for being you
- getting closer at your own pace
- being heard
- more good times than bad
- freedom to change your mind.

**Does your relationship
measure up?**

Try the positive relationship quiz

[http://www.areyouok.org.nz/
i-need-help/positive-relationship-quiz/](http://www.areyouok.org.nz/i-need-help/positive-relationship-quiz/)