

POSITIVE RELATIONSHIP QUIZ



**INFORMATION
AND ADVICE
– WHAT NOW?**

IN A RELATIONSHIP I... QUIZ

SCORE: 5+ POINTS

Don't ignore the warning signs in your relationship, it's important to take them seriously.

Relationship violence comes in many different forms, it's not just physical. You may not be hitting your partner, but your score shows that you are using controlling behaviours.

It is likely that your behaviour has got more controlling over the duration of the relationship.

No matter what your age or sex, it's never OK to use violence to hurt or control your partner.

If you are hurting your partner you need to get help to change your behaviour.

**IT'S NOT OK FOR ANYONE
TO FRIGHTEN OR HURT
THEIR PARTNER.**



HELP IS AVAILABLE.

You can phone our information line on **0800 456 450** to find out about services in your community.

The phone line operates seven days a week, from 9am to 11pm.

If you or anyone else is in danger call the Police on **111**.

IT IS
OK TO ASK
FOR
HELP