



HEALTHY RELATIONSHIP QUIZ FOR GIRLS

1. Because he's jealous, my boyfriend gets really angry if I talk to other guys and doesn't like me spending much time with my friends. The fact that he's so jealous just shows how much he cares about me. True False
2. Some guys get pushed so far emotionally by their girlfriend that they just "snap". They "lose it" - screaming and hurting her if she gets in the way. You can't blame my boyfriend for getting violent when I've upset him so much. True False
3. He gets angry and threatening when he drinks alcohol and/or uses drugs. I should be concerned even when he's not "under the influence". True False
4. It's okay to tell my boyfriend about my feelings and thoughts, even when I know he will disagree or get angry about them. True False
5. He likes to joke by saying negative things about girls and women. But he's just having fun - it doesn't mean that he could be emotionally abusive. True False
6. While we were making out, my boyfriend did something that I felt uncomfortable about. I wanted to stop. But he said it wasn't fair of me to agree to have sex, get him turned on and then pull away. I was obligated to "go all the way." True False
7. My boyfriend calls me humiliating names when he's angry. It makes me afraid. I figure that if he calls me names, there's a higher chance that he might hit me too. True False
8. This guy I've been dating thinks that girls only say "no" to sex because they think they have to - like to protect their reputation. So, when I tell him that I'm not interested, he doesn't believe me. He tells me that I "just don't want to give in too easily". But I'm really not ready for our sexual relationship to go any further. I guess I'm the one with the problem. There must be something wrong with me. True False
9. My boyfriend grew up in a home where there was a lot of fighting. His father abused his mother - but that doesn't increase the likelihood that he'll hurt me. True False
10. He hit me because he was angry and I hit him back out of fear. In the end, though we both acted violently. So I'm just as much at fault as he is. True False
11. I broke up with my boyfriend a month ago and now he won't leave me alone. He keeps sending me emails or calling me all the time. Yesterday he followed me home - that really freaked me out. I feel like I want to call the police, but I'm probably just overreacting. I'm sure it's nothing to be worried about. True False



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1. **FALSE.** Everyone feels jealous sometimes. But it is never an expression of love - in fact, it's a sign of our own fears and insecurities. In a healthy relationship, a guy will admit that what he's really feeling is fear. He will think about his fears and try to work through them. He might talk about them to you or a friend. He will never use his jealousy as a reason to tell you what to do or to whom you can talk. Some guys may choose jealousy as an excuse to vent anger, to threaten or to act violently toward you. These actions are not healthy or normal - they're just a way to control you. No guy, no matter how jealous, has the right to control your behaviour.
2. **FALSE.** Violence is a choice. People don't just "snap" - even when they are under a lot of pressure, they always have the ability to choose whether to act violently or not. They are always responsible when they abuse others. Abuse is not caused by someone "losing it". Think about it - abusive guys usually aren't violent with their friends or with other people at work or school, even when they're upset. But they act violently toward their girlfriend. If they were violent by nature, wouldn't they act the same way with everyone? There are many reasons why some guys think they can get away with abusing their partner when they know they can't with other people. "Snapping" or "losing it" is just an excuse.
3. **TRUE.** Guys sometimes get drunk or "stoned" as an excuse to act abusively toward others, especially girls and women. They explain away their bad behaviour by saying that the alcohol and drugs were to blame. But they're wrong - they are always responsible for their behaviour, whether they're under the influence or not. And these substances do not alter their basic ideas about how females should be treated. He may be less aggressive when sober - but chances are that a guy who acts abusively toward you when drunk or stoned is harbouring some negative and abusive attitudes toward you. This is a bad situation! You deserve to feel safe, respected, and equal all the time in your relationship.
4. **TRUE.** You have the right to express your feelings and thoughts - and it's important to do it. In a healthy relationship, your partner should listen to and value what you have to say. Even if he disagrees with you. If something matters to you, you shouldn't feel afraid to tell him what's on your mind. If you do feel fear, or if he doesn't take you seriously, then something is wrong.
5. **FALSE.** Some jokes are funny, but others aren't. Insulting girls and women just because they're female is definitely not funny - it's sexist. A boy or a man who makes these kinds of jokes may be revealing that he doesn't think females - including you - are equal to males. If he makes jokes in front of females that embarrass or put them down, he is acting abusively.
6. **FALSE.** You never have to go all the way, or do anything sexual, even if you've promised someone that you would. At any time, you can change your mind about what you want to do. No matter what the reason - whether it's because you no longer feel comfortable with your partner or simply because you've changed your mind - you are never obliged to have sex.



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ANSWERS

7. **TRUE.** Abuse often goes from bad to worse. And name-calling can be part of a predictable cycle that leads eventually to physical abuse. Calling someone names is a form of emotional abuse. Guys call their girlfriends names to make them feel hurt, ashamed or afraid - and to control them. When their name-calling doesn't have this effect, they may use other abusive behaviors, such as violence to get what they want.
8. **FALSE.** There is nothing wrong with you. You have the right to set limits and to say no to anything that makes you uncomfortable or scared. If you say "no" to sexual activity **by law** a guy has no choice but to accept that you mean it. It doesn't matter what he thinks your reasons are or if he doubts what you are saying. Any message other than "yes" - even a "maybe", "not now", "I'm confused" or if you say nothing in response - means that he cannot have sex with you. In Canada, the law requires that people **always** get one another's consent before starting any sexual activity. To give consent is to agree to do something. If someone does not have your consent and tries to have sex with you, he can be charged with a criminal offence. This includes if you are intoxicated or "stoned" and unable to give consent.
9. **FALSE.** It's a fact that children who witness abuse at home have an increased chance of growing up to become abusers or victims of abuse themselves. And it's been known for a long time that guys whose fathers abused their mothers have a much greater likelihood of abusing their partners than sons of non-violent fathers. A guy might hate the fact that his mother was abused, but then fall right into the same, horrible behaviors as his father. This cycle of violence can be broken. But it takes a lot of work for a guy to change behaviors he learned from his violent father. The younger you are, the easier it is to break a destructive pattern. If you are afraid that someone you care about might be violent, there are people who can help. For example, you or your partner can call the Kids Help Line for free at 1-800-668-6868. This 24-hour, 7 day a week counselling service is designed specifically for young people. It is available across Canada.
10. **FALSE.** Violence is always a horrible thing. But to understand who is at fault when two people exchange blows, you have to determine who is the aggressor, or attacker, and who is the victim. An aggressor uses violence or threatens to hurt you because he wants to "teach you a lesson" or get you to behave in the ways he wants. If the victim strikes back, it is to protect herself.
11. **FALSE.** You have every reason to be concerned. This sort of behaviour is known as stalking, or "criminal harassment", and it is against the law. Stalkers, like other abusers, come from all walks of life. They can be male or female, although the majority are male. They are often ex-boyfriends or ex-husbands, but some are only casual acquaintances or strangers. The harassment usually starts when a woman leaves her husband or boyfriend or when she rejects a man's offer for a date. Sometimes a stranger becomes obsessed with a woman who doesn't return his feelings.