

RELATIONSHIP QUIZ: AM I BEING ABUSED?*

INSTRUCTIONS: Assign the number of points that best reflects your experience

0 POINTS – Never or Does Not Apply 1 POINT – Rarely 2 POINTS – Sometimes 3 POINTS – Frequently

MY PARTNER:

- | | |
|--|---|
| <input type="checkbox"/> teases me in a hurtful way in private or in public | <input type="checkbox"/> sold my car, made me give up my license, or won't repair my car |
| <input type="checkbox"/> calls me names such as "stupid" or "bitch" | <input type="checkbox"/> has threatened to hurt me |
| <input type="checkbox"/> acts jealous of my friends, family, or co-workers | <input type="checkbox"/> has threatened to hurt my children |
| <input type="checkbox"/> gets angry about clothes I wear or how I style my hair | <input type="checkbox"/> has actually hurt my children |
| <input type="checkbox"/> checks up on me by calling, driving by, or getting someone else to | <input type="checkbox"/> has threatened to hurt my pets |
| <input type="checkbox"/> insists on knowing who I talk to on the phone | <input type="checkbox"/> has actually hurt my pets |
| <input type="checkbox"/> blames me for their problems or bad mood | <input type="checkbox"/> has threatened to hurt my friends or family |
| <input type="checkbox"/> gets angry easily, leaving me walking on eggshells | <input type="checkbox"/> has hurt a friend or family member |
| <input type="checkbox"/> throws or destroys things when angry | <input type="checkbox"/> has threatened to commit suicide if I leave |
| <input type="checkbox"/> hits walls, drives dangerously or does other things to scare me | <input type="checkbox"/> has struck me with hands or feet – slapped, punched, kicked |
| <input type="checkbox"/> drinks excessively or uses drugs | <input type="checkbox"/> has struck me with an object or threatened me with a weapon |
| <input type="checkbox"/> insists that I drink or use drugs whenever they do | <input type="checkbox"/> has given me visible injuries – bruises, welts, cuts |
| <input type="checkbox"/> accuses me of being interested in someone else | <input type="checkbox"/> forces me to have sex when I don't want to |
| <input type="checkbox"/> reads my mail, goes thru my personal space/items (ie. purse) | <input type="checkbox"/> forces me to have sex in ways that I don't want to |
| <input type="checkbox"/> keeps me from getting a job or finds ways to cause problems at my job | <input type="checkbox"/> has been in trouble with the police |
| <input type="checkbox"/> keeps money from me, keeps me in debt, or has "money secrets" | <input type="checkbox"/> acts one way in front of others, and another way when we are alone |
| | <input type="checkbox"/> is secretive or lies about past relationships |

AND, I:

- | | |
|--|---|
| <input type="checkbox"/> have had to administer first aid to myself due to injuries from my partner | <input type="checkbox"/> no longer see some of my family because of my partner |
| <input type="checkbox"/> have received injuries serious enough to seek treatment – doctor, hospital, clinic, paramedic | <input type="checkbox"/> have thought about calling the police because of an incident of violence |
| <input type="checkbox"/> feel isolated and alone and have no one I can really talk to | <input type="checkbox"/> have actually called the police on one or more occasions |
| <input type="checkbox"/> have lost friends because of my partner/partner's actions | <input type="checkbox"/> am afraid to call the police because of threats from my partner |

ADD UP THE SCORES FROM EACH STATEMENT FOR YOUR TOTAL POINTS _____

WHAT DOES MY TOTAL SCORE MEAN?

0-17: Generally Non-abusive

These types of strains are not unusual in relationships; however, do NOT make the mistake of brushing off any incidence or threat of violence, no matter how isolated.

18-58: Moderately Abusive

This is a relationship in which violence is being experienced at least once in a while. This may be a relationship where violence is just beginning. In a new relationship there is good reason to expect it will escalate into more serious forms and may occur more frequently.

59-95: Seriously Abusive

This is a seriously abusive relationship that can, under outside pressure, or with the sudden strain of a family emergency, move into the dangerously severe range. Serious injury is quite probable if it has not already occurred. Consider getting help, even leaving.

96 on up: Dangerously Abusive

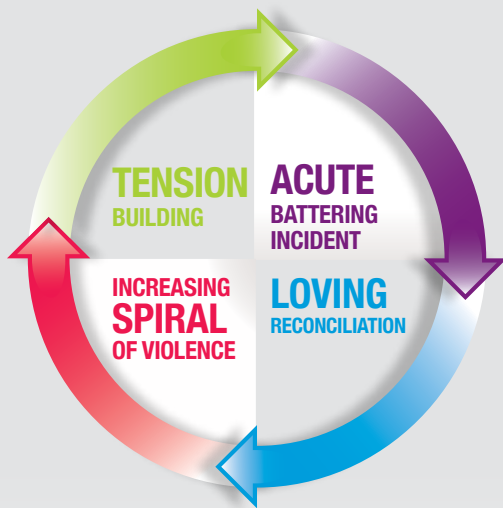
If living with the abuser, consider even more seriously the option of leaving, at least temporarily, while you consider your next move. The violence will not take care of itself or miraculously disappear. Over time, the chances are very good that your life and/or the lives of your children will be in danger.

TEEN POWER: BREAK YOUR SILENCE, STOP THE VIOLENCE!!

IS SOMEONE YOU KNOW BEING ABUSED?

There is no way to tell for sure if someone is experiencing domestic or relationship violence.

Those who are battered, and those who abuse, come in all genders, shapes, sizes, colors, ethnicities, economic classes, sexual orientations, and personality types. Victims are not always passive people with low self-esteem, and batterers do not always exhibit frequent violent or hateful behavior to their partners in front of others. Most people experiencing relationship violence do not tell others what is going on at home or in their personal lives. So how do you tell?



Violence can take the form of physical, sexual, emotional, or mental abuse. **It tends to occur in a cycle that has 4 phases.**

LOOK FOR THE FOLLOWING SIGNS OR "RED FLAGS" IN THE ABUSER:

- Exhibits jealous and controlling behavior
- Threatens violence and exhibits cruelty to animals or children
- Blames others for problems and minimizes the abusive behavior
- Has a "Dr. Jekyll and Mr. Hyde" personality
- Pushes for a quick involvement with the person being abused
- Isolates the person being abused from family and friends
- Uses sexual coercion, "put downs", and peer pressure to intimidate

WHAT TO DO IF YOU BECOME A VICTIM OF DOMESTIC OR RELATIONSHIP VIOLENCE

You have the right to be safe from threats and violence, but YOU must take the first step. **Realize that it's not your fault — you can change your situation.**

Call the police or 9-1-1. Make sure you are safe from continued violence. If you believe you are in immediate danger, leave home and take your children with you. Also take important papers like your driver's license, birth certificates, vehicle registration, etc.

Get medical attention. Don't try to treat yourself — you may be more injured than you realize.

Save all the evidence (proof) of abuse that you can, including photos of your injuries. You may need these if you decide to file charges.

Seek assistance from friends, relatives, clergy, and/or a professional that you can talk to about your situation. Contact your local shelter, social service agency, a support group, or victims' assistance center. Don't refuse help by making excuses, avoiding those trying to help, or throwing away informational materials on domestic violence that are given to you.

Get away to a safe place, even if for a little while, and keep important phone numbers handy (informal safety plan).

Call a crisis or domestic violence hotline or check out a website for more information.

Call the Maryland Network Against Domestic Violence at 800-MDHELPS (634-3577) www.mnadv.org

Or Call Maryland 2-1-1 (Dial 2-1-1) www.211md.org



PLEDGE NEVER TO...

... commit or tolerate acts of violence, remain silent or make excuses for abusers, or stay in an abusive relationship!!