

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:

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

AND, I:

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

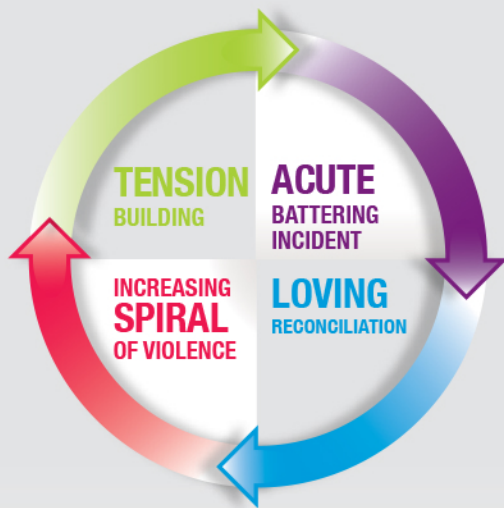
96 on up: Dangerously Abusive

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!!