

You break into your partner's Instagram account or cell phone without their permission.

You make all the decisions  
for the relationship.

Your partner texts you constantly and gets upset or suspicious if you don't answer right away.

You talk about sex with  
your partner.

You tell your partner  
how good he/she looks.

You keep your word.

You have a friend spy on  
your partner.

You talk about avoiding  
pregnancy and STIs.



You talk about problems  
when they arise in the  
relationship.

Your partner pressures  
you to have sex when  
you don't want to.

You consider your partner's  
feelings when making  
decisions.

You argue and fight  
almost every day.

You ask your partner  
to break rules made  
by his or her parents.

Your partner hits you

You feel in control of  
yourself and that you can  
make your own decisions.

You stay in the relationship  
because although you are  
unhappy, it is better than  
being alone.



You listen to your  
partner's opinions.

**HEALTHY**

**UNHEALTHY**

