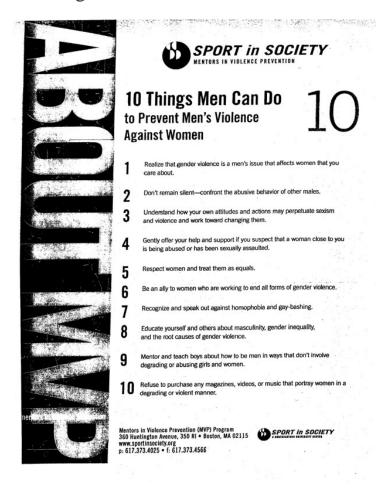
10 Things Men Can Do to Prevent Violence Against Women



HEALTHY RELATIONSHIP QUIZ

Each relationship is unique, but all healthy relationships have a few things in common. In a healthy relationship there should be trust, support, respect, equality, and it should be fun. Take the quiz below, and find out how healthy your relationship is!

| Directions: Indicate who in your current relationship does the following things by marking one of the boxes to the right of each statement. You should put an X in either the Neither Person/One Person or Both People columns. | Neither Person Or One Person | Both People |
|---|------------------------------------|-------------|
| Considers partner's likes and dislikes when making plans | | |
| Shares things he/she likes about their partner | | |
| Supports partner in setting and meeting personal and school goals | | |
| Encourages partner to be the person they want to be | | |
| Comforts partner when upset, sad, frustrated, etc. | | |
| Asks for and listens to partner's point of view (even when having a disagreement) | | |
| Respects partner's need for alone time | | |
| Treats partner's property/belongings well | | |
| Treats partner as an equal | | |
| Respects online privacy (Facebook, e-mail, text messages etc) | | |
| Respects decisions around sex | | |
| Admits mistakes | | |
| Okay with partner spending time with family and friends | | |
| Trusts that partner is being honest about his/her actions and activities | | |
| Cares if the other person has fun when going out | | |
| Communicates respectfully both publically and privately | | |
| TOTAL: Count the number or X's for the Both People column only and write the regiber in the bold box to the right. | A. | 17 |

HOW DID YOUR RELATIONSHIP SCORE?
SEE BACK TO FIND OUT

HOW DID YOUR RELATIONSHIP SCORE?

Score of 0-8: This relationship has room for improvement. A healthy relationship needs both people to contribute equally. A score between 0-8 indicates that the relationship is either one-sided or nobody's trying very hard. This relationship might work with combined effort and commitment, but it may be time for a reality check for both partners. Does this relationship feel good to you?

Score of 8-12: Your relationship has potential but it might take a good amount of work. If this is a relationship that you and your partner want to continue to be in, you both need to pick a few areas to work on in order to make this a more healthy relationship. Make it a shared goal with your partner to increase the number of X's in the **Both People** column.

Score of 12-16: You're on track for a healthy relationship! Healthy relationships take time and effort and you are both definitely working at it. You have high levels of trust, support, fun, equality, and respect in your relationship. Both partners should keep up the good work in this relationship and remember that there is always room for improvement!



Prepared by the Boston Public Health Commission, July 201

BREAKING-UP IS HARD TO DO TEN TIPS FOR SUPPORTING YOUR TEEN

As adults, it is often difficult to stand by and watch as a teen we love and care about suffers through a break-up. There are concrete things you can do, however, that will make you feel less helpless, and hopefully, more helpful.

Directions: Bation and activities you can practice which will improve your ability to help a teen in need of support during a difficult time. Use the last below to assess your current level of comfort and skill in taking to your teen about his/her relationship.

If you feel you already of the activity, place an $\sqrt{}$ in the space.

If you feel you will try the activity in the future, place a \star in the space.

If you feel you will try the activity in the future, place a \star in the space.

| | Build a caring, supportive relationship with my teen, so he/she can come to me when he/she has a break-up. |
|----|--|
| | Talk to my teen about break-up myths he/she may have been exposed to by peers and media (i.e. Moving on to new partner immediately is the best way to get over the break-up). |
| | Take time to talk with my teen about friends and daily events. |
| Ē | Provide educational opportunities for my teen to learn about the biological, social, and emotional changes taking place during adolescence: |
| E | Join my teen in watching his/her favorite TV shows particularly those that involve teens in relationships. Save your comments for after the show when you will have time for a discussion. (For example ask your teen, "How might that situation really end up?", "What is healthy/unhealthy about this relationship or break-up?" |
| С | Ask my teen open-ended questions about the status of his/her current dating relationships. Avoid forcing the issue, though: |
| | Keep information to myself that he/she shares in confidence. |
| С | Talk to my teen about his/her desire to date. Talk about healthy relationship and break-up practices he/she should engage in when he/she does start to date. |
| | Help your teen recognize the signs of a threatening or potentially harmful relationship. |
| | Recognize and help your teen deal with the possible public nature of teen break-ups, particularly because of social networking sites. |
| 心學 | |

WHAT NEXT? Now examine your responses. For any activity you already do, keep up the good work. For any activity you are willing to try, or going. For any activity you are unconfrontable with handling, seek outside help and resources. The med timportent thing is that you stay active and involved in your teem's life and continue to any our area. We have the property him/her through the ups and downer of reshear relationships.



Prepared by the Boston Public Health Commission, July 2010 www.BPHC.org