

areyouok?

ask the question - make a difference

Does your boyfriend/girlfriend:

- a) Accuse you of cheating when you follow someone on social media
- b) Quiz you about who you are talking to on social media
- c) Think that who you follow/talk to on social media is not an issue

Does your boyfriend/girlfriend:

- a) Make you have sex or perform sexual acts when you don't want to
- b) Make you feel like there's something wrong with you if you don't want sex
- c) Tell you it's ok if you don't want to get intimate

Does your boyfriend/girlfriend:

- a) Sulk or kick off if you want to spend some quality time with your mates without them
- b) Not get on with your mates
- c) Like going out with their friends and supports you to go out with yours

Does your boyfriend/girlfriend:

- a) Hack your social media accounts
- b) Demand to know your social media passwords so they can look at your accounts
- c) Never ask about your passwords

Does your boyfriend/girlfriend:

- a) Expect anal sex when you really don't want to do this
- b) Call you frigid or call you names if you don't do what they want
- c) Respect what you like and your body

Does your boyfriend/girlfriend:

- a) Constantly text wanting to know where you are and who you are with
- b) Tend to get annoyed if you are not with them
- c) Text to check on how you are not where you are

Does your boyfriend/girlfriend:

- a) Tell you that you are putting on weight or put you down in front of other people
- b) Make you feel bad about yourself
- c) Compliment the way you look and make you feel good about yourself

Does your boyfriend/girlfriend:

- a) Make you feel scared when they are angry
- b) Make you feel anxious and nervous and you don't know why
- c) Make you feel confident and comfortable

Does your boyfriend/girlfriend:

- a) Nights out always end in arguments and fighting
- b) You don't really go out much.....
- c) You have fun and laugh a lot when you are out together.....

General questions:

- a) I feel unconfident and unattractive
- b) I usually feel ok but sometimes feel a bit self-conscious
- c) I feel confident and attractive

- a) I don't feel that I have anyone to talk to
- b) I have friends and family around me but I don't feel that I can tell them how I am feeling.
- c) I have good friends and family who I can confide in and support me.....

- a) My partner has put private videos/pictures of me on line
- b) My partner has threatened to show other people private pictures/videos of me.....
- c) I have never sent private pictures of myself to anyone.....

I ticked mostly A

If you have ticked mostly As then this would suggest that your relationship may be unhealthy and could be dangerous. You're not alone and there are people you can talk to. The most important thing is to tell someone you can trust that you are worried and have concerns. To find out where you can find local help check out www.areyouok.co.uk

I ticked mostly B

If you ticked mostly Bs then this would suggest that your relationship has some unhealthy parts to it that could turn into a very unhealthy relationship. To find out where you can find local help check out www.areyouok.co.uk

I ticked mostly C

Your relationship appears to be pretty healthy and supportive so they may be a keeper! If you have ticked any As or Bs amongst your Cs you might want to keep an eye on things to make sure that things don't escalate. You can try doing this quiz again to see if anything has changed. Remember that nobody ever has the right to control you.