

# THE RESPECT! CHALLENGE

## QUIZ: ARE YOU MODELING RESPECT AT HOME?

### Are you in a healthy relationship?

1. Is your partner willing to communicate openly when there are problems?
2. Does your partner give you space to spend time with other people?
3. Is your partner kind and supportive?
4. Does your partner listen when you say no to sex?
5. Does your partner support using birth control?
6. Is your partner kind to you and respectful of your choices?
7. If you have children, does your partner support and respect your parenting approaches?

If you answered *YES* to these questions, it is likely that you are in a healthy relationship. Studies show that this kind of relationships leads to better health, longer life, and helps your children.

### Are you in an unhealthy relationship?

1. Does your partner repeatedly criticize you, call you names and make you feel like you're at fault?
2. Do you find yourself afraid or nervous around your partner?
3. Has your partner hurt or threatened you or pressured you into having sex?
4. Does your partner mess with your birth control?
5. Does your partner refuse to use birth control?
6. Does your partner tell you who you can talk to or where you can go?
7. If you are a parent, does your partner undermine your parenting?

If you answered *YES* to *ANY* of these questions, your health and safety may be in danger.

### How is your health being affected?

1. Are you over-eating and gaining weight?
2. Do you often find yourself depressed or overly anxious?
3. Do you have frequent headaches and/or chronic back or abdominal pain?

Any of these health problems may be the result of chronic stress from an abusive relationship. Making these connections can help you take steps towards better health.

**Here are some proven steps you can take to help you cope and improve your health.**

1. Talk with someone you trust about what’s going on.
2. Write about the pain you have experienced.
3. Reduce your stress through deep breathing and exercise.
4. Talk to your health care provider about poor coping habits such as smoking, drinking, drugs, and over-eating and steps to take for change.

**How are your children affected?**

Children who live in homes where their mother has been hurt are more likely to have learning and behavior problems. Children witnessing violence are more likely to have physical and mental health problems as adults. But, children also do get through the hard times.

Here are ways you can help:

1. Let them know it is not their fault.
2. Be open when your child is ready to talk about their experience.
3. If your child’s behavior worries you, talk to your child’s doctor or counselor.

**If your safety is at risk:**

1. Call 911 if you are in immediate danger
2. Prepare an emergency kit in case you have to leave suddenly with: money, check books, keys, medicines, a change of clothes, and important documents.
3. Call a hotline or talk to your health care provider. They can provide a private phone for you to call for help.

**GET HELP:**

**All national hotlines are confidential and can connect you to local resources and support.**

National hotlines are available, 24 hours a day, 7 days a week:

<p><b>National Teen Dating Abuse Helpline</b></p> <p>1-866-331-9474 1-866-331-8453 (TTY)</p> <p><a href="http://www.loveisrespect.org">www.loveisrespect.org</a></p>	<p><b>National Domestic Violence Hotline</b></p> <p>1-800-799-SAFE (7233) 1-800-787-3224 (TTY)</p> <p><a href="http://www.ndvh.org">www.ndvh.org</a></p>	<p><b>Rape, Abuse &amp; Incest National Network (RAINN) Hotline</b></p> <p>1-800-656-HOPE (4673)</p> <p><a href="http://www.rainn.org">www.rainn.org</a></p>
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