

Fact Sheet

What is a Healthy Relationship?

This quick quiz is for you to determine whether your relationship is healthy or unhealthy. Tick the boxes in both columns that apply to your relationship. Calculating the number of ticks you have in the healthy and unhealthy may help you decide whether your relationship is healthy or not.

YOU

Deserve to be loved,
respected and cherished



What's your score?

Healthy /9

Unhealthy /12

A relationship should be based on:

- Respect
- Equality
- Trust
- Communication

Is your relationship healthy?

Healthy

- Negotiation and fairness
- Equality
- Non-threatening behaviour
- Respect
- Trust and support
- Honesty and accountability
- Shared responsibility
- Economic partnership
- Balance

Unhealthy

- Coercion and threats
- Intimidation
- Violence/abuse
- Isolation
- Disrespect
- Minimalizing, denying and blaming
- Using others eg. children
- Economic Abuse
- Dependency
- Possessiveness
- Poor communication

**Zonta says NO to
Family and Domestic
Violence**

Zonta House Refuge Association provides support services to women who have experienced family and domestic violence, mental health issues, homelessness and other crises enabling them the opportunity to make safe and sustainable life choices. For more information or support, visit our resource page at www.zontahouse.org.au