

# Do you sometimes feel worthless or as though you’re being treated as an object?

* + No, never.
  + It only happened to me once.
  + Yes, sometimes.
  + Yes, frequently.

# Do you feel as though no matter what you say or do, you’ll never be enough in the eyes of your significant other?

* + No, never.
  + It only happened to me once.
  + Yes, sometimes.
  + Yes, frequently.

# Does your significant other put you down in front of family or friends?

* + No, never.
  + It only happened once.
  + Yes, sometimes.
  + Yes, frequently.

# Do you sometimes feel as though he/she is making all the decisions on your behalf?

* + No, never.
  + It only happened to me once.
  + Yes, sometimes.
  + Yes, frequently.

# Does your significant other ever completely ignore you?

* + No, never.
  + It only happened once.
  + Yes, sometimes.
  + Yes, frequently.

# Have you ever been frightened that your significant other might physically hurt you or your loved ones?

* + No, never.
  + It only happened to me once.
  + Yes, sometimes.
  + Yes, frequently.

# Has he/she ever hit, slapped or pushed you?

* + No, never.
  + It only happened to me once.
  + Yes, sometimes.
  + Yes, frequently.

# Does your significant other insist on knowing everything you do when you’re not with him/her?

* + No, never.
  + It only happened once.
  + Yes, sometimes.
  + Yes, frequently.

# Does your significant other ever pressure you to sleep with him/her?

* + No, never.
  + It only happened once.
  + Yes, sometimes.
  + Yes, frequently.

# Does your significant other get jealous and stop you from participating in activities on your own or from seeing your friends?

* + No, never.
  + It only happened once.
  + Yes, sometimes.
  + Yes, frequently.

**RESULTS:**

If you answered **NO NEVER** to most questions, you are probably in a healthy, respectful loving relationship.

If you answered **IT ONLY HAPPENED ONCE** to most questions, your love relationship could become unhealthy: be vigilant.

If you answered **YES SOMETIMES** to most questions you are in an unhealthy relationship. You live under someone else’s control and are in a relationship where your power has been usurped.

If you answered **YES FREQUENTLY** to most questions, you are in an unhealthy relationship where violence is omnipresent. You are in a relationship that has a dominating and a dominated partner.

If you feel like talking about it, call one of the Maison’s youth facilitators: 819 986- 8286 or send us an email: [jeunesse@maisondeuxvallees.com](mailto:jeunesse@maisondeuxvallees.com)

In addition, a youth facilitator can meet you at your school.