



Relationship Check-In and Check-Up

Is it Respectful and/or Safe?

Check the heart if...

- ♥ You have fun with your partner.
- ♥ You always feel safe when you are together.
- ♥ You control your own money.
- ♥ You trust your partner and your partner trusts you.
- ♥ Your partner supports your goals in life.
- ♥ Your partner listens to your opinion.
- ♥ You have equal decision making in your relationship.
- ♥ You control your own money.
- ♥ You give each other privacy.
- ♥ Your friends and family are happy about your relationship.
- ♥ You never feel pressured about sex.
- ♥ Birth control is your decision.
- ♥ You are proud to be with your partner.
- ♥ You are able to solve conflicts without drama or threats.
- ♥ You are free to make plans and travel with friends without having to justify every move.
- ♥ Posting your relationship on social media is your choice.
- ♥ You can rely on your partner.
- ♥ You receive and give gifts out of affection.
- ♥ You encourage each other's interests.
- ♥ You communicate without causing harm to each other.

Total ♥ = /20

Is it Disrespectful or Unsafe?

Check the thumbs down if...

- 👎 Your partner gets extremely jealous and accuses you of cheating.
- 👎 Your partner yells at you/treats you like a child.
- 👎 Your partner talks over you/loud-talks you.
- 👎 Your partner criticizes your family and friends.
- 👎 Your partner coerces you into sex.
- 👎 Your partner puts you down by calling you out of your name, curses at you.
- 👎 Your partner uses drugs or alcohol as an excuse for hurting you.
- 👎 Your partner withholds affection or gives you the silent treatment.
- 👎 Your partner tells you what you can/cannot wear, how to wear your hair, etc.
- 👎 Your partner decides if you use birth control.
- 👎 Your partner wants you to be only with them and limits your time with family and friends.
- 👎 Your partner tracks your movements through an app.
- 👎 Your partner questions you about your social media accounts and followers.
- 👎 Your partner controls the money in the relationship.
- 👎 Your partner grabs, pushes, hits or physically hurts you.
- 👎 Your partner cheats or threatens to cheat.
- 👎 Your partner threatens to harm you or harm themselves if you leave the relationship.
- 👎 Your partner jeopardizes your job or education.
- 👎 Your partner threatens to take your kids away if you leave.

Total 👎 = /20