



Young People's Relationship Checklist

| | Yes | No |
|---|-----|----|
| Is your partner trusting and understanding? | | |
| Does your partner admit when they are wrong? | | |
| Does your partner encourage you to be independent? | | |
| Is your partner happy for you to spend time with friends and family? | | |
| Does your partner accept you and make you feel comfortable with who you are? | | |
| Does your partner accept you saying no to sex? | | |
| Is your partner willing to compromise? | | |
| Does your partner respect your wishes if you want to end the relationship? | | |
| Does your partner take responsibility for their own wellbeing and happiness? | | |
| Do you agree with the following statements: | | |
| My partner doesn't monitor my calls, texts emails | | |
| My partner doesn't check my Facebook or other social media accounts | | |
| My partner would never physically hurt me | | |
| My partner is happy to spend time apart without constantly phoning/texting me | | |
| My partner doesn't call me names or puts me down | | |
| My partner doesn't pressure me to send sexual texts or images of myself | | |

If you answered no to any of these questions you could be in an abusive relationship and may want to speak to someone.

To access this service

Call Shropshire Domestic Violence Service on 0300 303 1191

This service operates Mon-Fri 9am-5pm

Email SDAS@ShropsDAS.org.uk

Web: www.shropsdas.org.uk