

HOW HEALTHY IS YOUR DATING RELATIONSHIP?

The following questions are for college students, or others who are concerned about a college student, to check on the wellness of a dating relationship. This questionnaire is meant not only to help you determine if there may be genuine concern or risk, but also to raise awareness of the tactics, patterns and history of a partner that can indicate and unhealthy relationship.

If five (5) or more of the following questions are “yes,” please consider contacting one of the support or referral organizations on the resource page.

		YES	NO
1	Does your partner ever threaten or coerce you, your family or someone you care about?		
2	When upset, does your partner get angry or shut you out?		
3	Does your partner blame you when things in his or her life aren't going right?		
4	Does your partner drink alcohol excessively or use drugs?		
5	Does your partner take steps to know where you are all the time?		
6	Does your partner use technology and social media to keep tabs on you all the time?		
7	Does your partner use technology and social media to reveal private information about you?		
8	Does your partner frequently text throughout the day, where you feel s/he is just “checking up on you?”		
9	Does your partner try to keep you from seeing, spending time with or talking to family or friends?		
10	Does your partner insult or demean you?		
11	Has your partner ever physically hurt you or forced you to have sex?		
12	Has your partner ever strangled you?		
13	Do you fear that your partner might try to hurt or kill you?		
14	Does your partner ever threaten you with a weapon?		
15	Has your partner ever taken or withheld your medicine (such as birth control, hormones or binders) or interfered with other medical needs?		
16	If you live with a disability, does your partner or caregiver ever threaten you or withhold things you need?		

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In adapting this tool, please maintain attribution and the integrity and entirety of the questions. Logos and local information and resources may be added. For additional information contact info@witnessjustice.org.

National Hotlines, Referral Resources, and Support Services

Anti-Violence Project 212-714-1141 The Anti-Violence Project (AVP) is dedicated to eliminating hate violence, sexual assault, stalking, and domestic violence in lesbian, gay, bisexual, transgender, queer, and HIV-affected communities through counseling, advocacy, organizing and public education.

Break the Cycle 310-286-3383 This organization addresses teen dating violence through engagement, education and empowerment of youth to build lives and communities free from domestic violence.

Childhelp National Child Abuse Hotline 800-4-A-CHILD (800-422-4453) The mission of the Childhelp hotline is to provide help or answer questions about child abuse or neglect 24 hours a day.

Community United Against Violence 415-333-HELP (415-333-4357) This organization prevents and responds to violence against and within the LGBTQQ communities through peer-based counseling, direct assistance, education and outreach, grassroots organizing and policy advocacy.

HIV Health InfoLine 888-HIV-INFO (888-448-4636) Non-judgmental volunteer operators listen to callers, share their own stories and provide calm, clear and encouraging information about HIV.

Love is Respect – National Dating Abuse Helpline 866-331-9474 and 866-331-8453 (TTY). This 24-hour resource can be accessed by phone or Internet. Resources and one-on-one support is offer specifically for teens and young adults.

“Loves Me, Loves Me Not” bookmark highlights healthy relationship behaviors and those that can be unhealthy or even lead to trouble.

Mental Health America 800-969-6MHA (6642) The mission of MHA is to promote mental wellness for the health and well-being of the nation. MHA offers information and resources on numerous mental health topics.

National AIDS Hotline 800-CDC-INFO (800-232-4636) The National AIDS Hotline offers publications, information about local programs and answers to frequently asked questions about HIV and AIDS.

National Center for Victims of Crime 800-FYI-CALL (800-394-2255) The National Center for Victims of Crime provides a hotline and referrals to local resources. The hotline is available 24 hours a day and is offered in numerous languages.

National Coalition of Antiviolence Programs (NCAVP) 212-714-1184 NCAVP is a national organization that monitors, responds to, and works to end hate, domestic and sexual violence, HIV-related violence, and other forms of violence affecting LGBTQ communities.

National Domestic Violence Hotline 800-799-SAFE (800-799-7233) and 800-787-3224 (TDD) The mission of the National Domestic Violence Hotline is to provide crisis intervention, safety planning, information, and referrals for individuals experiencing domestic violence. The hotline is available 24 hours a day and assistance is offered in numerous languages.

National Organization for Victim Assistance 800-TRY-NOVA (800-879-6682) NOVA's mission is to promote rights and services for victims of crime and crisis. The hotline provides information and referrals and is available 24 hours a day.

National Resource Center for Teen Dating Violence Awareness Month 202-824-0707 is a collaborative effort to promote February as Teen DV Month by serving as a clearing-house for all related activities.

National Sexual Assault Hotline 800-656-HOPE (800-656-4673) This hotline is operated by the Rape, Abuse & Incest National Network (RAINN), which also carries out programs to help prevent sexual assault, assist victims, and ensure that perpetrators are brought to justice.

National Suicide Prevention Lifeline 800-273-TALK (800-273-8255) This suicide prevention service is available to anyone in suicidal crisis and is available 24/7.

National Teen Dating Abuse Helpline 866-331-9474 and 866-331-8453 (TTY) This hotline was created to help teens ages 13-18 that experience dating abuse and it is available 24/7.

The Network/La Red 617-742-4911 and 617-227-4911 (TTY) works to end abuse in lesbian, bisexual women's and transgender communities.

Office on Women's Health – Women and Violence Resources 800-994-9662 offers information to learn about the nature and impact of violence against women and where to go for help.

OVC Victim and Family Assistance Call Center 800-331-0075 The U.S. Department of Justice, Office for Victims of Crime offers links to state victim assistance and compensation programs that are VOCA funded.

Project Rainbow Net 888-232-9124 offers resources and education regarding domestic violence in the LGBT community.

Rainbow Response aims to increase the awareness about Intimate Partner Violence (IPV) amid the relationships of LGBTQ individuals.

Rainbow Services (310) 547-9343 Rainbow Services provides support and assistance for women and children dealing with family violence.

The Safe Space 866.331.9474 The Safe Space is a comprehensive online resource about teen dating violence.

SAMHSA's National Clearinghouse for Alcohol and Drug Information 800-729-6686 The Clearinghouse is a one-stop resource for information about substance abuse prevention and addiction treatment.

SAMHSA's Substance Abuse Treatment Facility Locator 800-662-HELP (4357); 800-487-4889 (TDD); 877-767-8432 (Espanol) A searchable directory of drug and alcohol treatment programs that shows the location of facilities around the country that treat alcoholism, alcohol abuse, and drug abuse problems.

Stalking Resource Center 202-467-8700 The Resource Center works to enhance the ability of professionals, organizations and systems to effectively respond to stalking.

That's Not Cool 866-331-9474 provides tools to help you draw your digital line about what is, or is not, okay in your relationships.