

Domestic Violence Survey

DOMESTIC VIOLENCE SELF ASSESSMENT SURVEY

Healthy and happy relationships help to make you feel better about yourself. A positive relationship can increase your outlook on life, increase your productivity and increase your self-esteem. Love should make you feel good, safe, and happy about the future. Unhealthy relationships can make us feel unhappy, unsafe, and fearful of the future.

Unfortunately many people are in hurtful, unsafe, or violent relationships. It can happen to anyone i.e. mothers, wives, students, teachers, celebrities, and even you. You do not deserve to be hurt. Domestic violence has no race, ethnic origin, creed or age limit. We all get angry sometimes, but when we do, we all have choices. We can choose to express ourselves in healthy ways.

In healthy relationships, partners help each other feel good about themselves. Insults, unkind words, and humiliation are very hurtful, they are disrespectful and make you feel badly about yourselves. In loving relationships, partners respect each other's needs. Being jealous or trying to control someone else does not show love. In healthy relationships, partners care about and respect each other's sexual needs and limits. Forcing or hurting someone in a sexual way is physically and emotionally damaging. It's wrong and it's against the law.

In healthy relationships, partners help each other feel loved and safe. Hurting someone physically is never okay, it doesn't solve anything, and it's against the law. Violent behavior and fear make a person feel unsafe. In order for children to know they are loved, they need to feel safe, too. In healthy families, partners share the care and responsibilities of the children including the fun ones as well as the difficult ones. They create a safe and secure home life for the family. Hurting children is never okay, and it's against the law. Children can be removed from a home where they are being abused. In healthy relationships, partners feel proud of how they have learned to express caring for each other. In relationships that are unhealthy, abusive behavior may become dangerous. Even if your partner apologizes and promises that it won't happen again, it is likely to get worse. Nothing you say or do should cause your partner to hurt you.

Take this self-assessment survey for yourself. Get help if you need it.

Domestic Violence Survey

Do you and your partner communicate with respect and consideration?

	Yes	No
☺ Do you talk openly about your feelings and tell the truth without fear?		
☺ Do you listen to each other's ideas?		
☺ Do you solve problems and disagreements together?		

If you answered yes to these questions, you may be feeling that your relationship is healthy and happy.

Does your partner ...

	Yes	No
Constantly criticize you, call you names, or put you down in front of other people?		
Threaten to harm you, your children, your family, pets, friends, or her/himself?		
Blame you for everything that goes wrong?		
Lie or break promises to you a lot?		
Ever say, "You make me get this angry," or "I can't help being so mad with you around"?		
Expect you to do everything s/he says?		
Threaten your immigrant status or keep you from learning English?		
Refuses you medical treatment?		

If you've answered yes to any of these questions, you are being treated badly. Signs of abuse like these may mean that you're not safe in your relationship - and it may get worse.

Domestic Violence Survey

Do you and your partner show each other how much you care and give each other space?

	Yes	No
☺ Do you each have friends, interests, and activities of your own, and ones you share?	<input type="checkbox"/>	<input type="checkbox"/>
☺ Do you respect each other's privacy?	<input type="checkbox"/>	<input type="checkbox"/>
☺ Are you proud of each other's talents and accomplishments?	<input type="checkbox"/>	<input type="checkbox"/>

If you answered yes to these questions, you may be feeling that your relationship is healthy and happy.

Does your partner ...

	Yes	No
Ignore or dismiss your ideas or the things you want to do?	<input type="checkbox"/>	<input type="checkbox"/>
Stops you from going out or get jealous when you spend time with family or friends?	<input type="checkbox"/>	<input type="checkbox"/>
Seem very overprotective or ask other people to watch over you?	<input type="checkbox"/>	<input type="checkbox"/>
Want to be a part of everything you do?	<input type="checkbox"/>	<input type="checkbox"/>
Call you all the time or stop by unexpectedly?	<input type="checkbox"/>	<input type="checkbox"/>
Accuse you of flirting or getting romantically involved with someone else?	<input type="checkbox"/>	<input type="checkbox"/>
Stops you from having money of your own or using the car?	<input type="checkbox"/>	<input type="checkbox"/>
Talks badly or embarrasses you in front of others?	<input type="checkbox"/>	<input type="checkbox"/>

If you've answered yes to any of these questions, you are being treated badly. Signs of abuse like these may mean that you're not safe in your relationship - and it may get worse.

Domestic Violence Survey

Do you and your partner care about each other's sexual pleasure?

	Yes	No
☺ Do you talk openly about your sexual needs and desires?		
☺ Do you protect each other from unintended pregnancy and/or sexually transmitted infection?		
☺ Do you always have each other's consent for sex?		
☺ Been tested for HIV, STD's together and both have been given two negative test results taken at least 6 months apart?		

If you answered yes to these questions, you may be feeling that your relationship is healthy and happy.

Does your partner ...

	Yes	No
Force you to have sex when you're asleep, drunk, or high?		
Get angry and threaten you when you don't want to have sex?		
Force you to have sex without protection against pregnancy and/or sexually transmitted infection?		
Hurt your genitals or any part of your body during sex?		
Make you wear revealing clothes, or strip against your will?		
Criticize your sexual performance or use sex as a way to punish you?		
Refuses to get an HIV or STD test even if you suspect your partner has been cheating on you?		

If you've answered yes to any of these questions, you are being treated badly. Signs of abuse like these may mean that you're not safe in your relationship - and it may get worse

Domestic Violence Survey

Do you and your partner keep each other safe and healthy?

	Yes	No
☺ Do you help take care of each other?	<input type="checkbox"/>	<input type="checkbox"/>
☺ Do you have disagreements without becoming violent?	<input type="checkbox"/>	<input type="checkbox"/>
☺ Do you respect each other's belongings?	<input type="checkbox"/>	<input type="checkbox"/>

If you answered yes to these questions, you may be feeling that your relationship is healthy and happy.

Does your partner ...

	Yes	No
Push, shove, punch, kick, choke, or bite you?	<input type="checkbox"/>	<input type="checkbox"/>
Restrain, hold you down, or use other kinds of force during an argument?	<input type="checkbox"/>	<input type="checkbox"/>
Have violent mood swings?	<input type="checkbox"/>	<input type="checkbox"/>
Break or throw objects?	<input type="checkbox"/>	<input type="checkbox"/>
Leave you stranded in dangerous places?	<input type="checkbox"/>	<input type="checkbox"/>
Refuse to help you when you are in need?	<input type="checkbox"/>	<input type="checkbox"/>
Also have a history of physically abusing a partner in the past?	<input type="checkbox"/>	<input type="checkbox"/>

If you've answered yes to any of these questions, you are being treated badly. Signs of abuse like these may mean that you're not safe in your relationship - and it may get worse.

Domestic Violence Survey

IF YOU HAVE CHILDREN

Do you and your partner share in the responsibility of raising your children in loving ways?

	Yes	No
<input type="radio"/> Do you all have fun together?	<input type="checkbox"/>	<input type="checkbox"/>
<input type="radio"/> Do you create rules for the kids together?	<input type="checkbox"/>	<input type="checkbox"/>
<input type="radio"/> Do you decide together how to spend money?	<input type="checkbox"/>	<input type="checkbox"/>

If you answered yes to these questions, you may be feeling that you and your partner are raising your children in healthy and happy ways.

Does your partner ...

	Yes	No
Make your kids feel frightened?	<input type="checkbox"/>	<input type="checkbox"/>
Tease your kids until they cry?	<input type="checkbox"/>	<input type="checkbox"/>
Easily get frustrated with your kids?	<input type="checkbox"/>	<input type="checkbox"/>
Punish your kids harshly?	<input type="checkbox"/>	<input type="checkbox"/>
Get jealous of the attention you give to your kids?	<input type="checkbox"/>	<input type="checkbox"/>
Completely ignore your kids?	<input type="checkbox"/>	<input type="checkbox"/>
Hit, punch, slap, or sexually abuse your kids?	<input type="checkbox"/>	<input type="checkbox"/>

If you've answered yes to any of these questions, your children are being treated badly. Signs of abuse like these may mean that you and your children are not safe in your family - and it may get worse.

Domestic Violence Survey

Do you and your partner have a future together?

	Yes	No
☺ Do you feel closer to your partner as time goes on?	<input type="checkbox"/>	<input type="checkbox"/>
☺ Do you feel happy when you think about staying together?	<input type="checkbox"/>	<input type="checkbox"/>
☺ Do you solve problems together more and more?	<input type="checkbox"/>	<input type="checkbox"/>

If you answered yes to these questions, you may be feeling that your relationship is going in a good direction.

Does your partner ...

	Yes	No
Refuse to take full responsibility for the abuse?	<input type="checkbox"/>	<input type="checkbox"/>
Refuse to get professional help?	<input type="checkbox"/>	<input type="checkbox"/>
Become more and more abusive?	<input type="checkbox"/>	<input type="checkbox"/>
Push, hit, kick, or choke you more often as time goes on?	<input type="checkbox"/>	<input type="checkbox"/>
Hit you harder now and leave more bruises or broken bones?	<input type="checkbox"/>	<input type="checkbox"/>
Make threats to kill you, someone you love or them self if you leave the relationship?	<input type="checkbox"/>	<input type="checkbox"/>
Have a weapon?	<input type="checkbox"/>	<input type="checkbox"/>

If you've answered yes to some of these questions, you are in danger. You may need to make plans to get out of your relationship. Help is available.

It's not always easy to leave a relationship, especially even when you're getting hurt and dependent upon the abuser for financial income. It's okay if you feel you cannot leave right now. Remember that your safety is important, so get information and help as soon as possible.

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HAVE A PLAN.

If you are thinking about leaving, be prepared:

	Yes	No
♀ Do you have access to money - cash, ATM, and credit cards?	<input type="checkbox"/>	<input type="checkbox"/>
♀ Do you have a bag packed in case you need to leave quickly?	<input type="checkbox"/>	<input type="checkbox"/>
♀ Does the bag contain personal items, a change of clothes for you and your children, an extra set of keys, and important medicine, including emergency contraception?	<input type="checkbox"/>	<input type="checkbox"/>
♀ Do you have a trusted friend in whose home you can store the bag?	<input type="checkbox"/>	<input type="checkbox"/>
♀ Do you know where your personal identification papers are - driver's license, passport, or immigration?	<input type="checkbox"/>	<input type="checkbox"/>
♀ Do you know where other important legal, medical, banking, and ownership papers are?	<input type="checkbox"/>	<input type="checkbox"/>
♀ Do you have a safe place to go?	<input type="checkbox"/>	<input type="checkbox"/>

Domestic violence is not OK

GET OUT!