



love is respect org

National Teen Dating Abuse Helpline

1-866-331-9474 1-866-331-8453 TTY

Are You Being Abused?

Does something about your relationship scare you? Take the most important quiz of your life and know we're here to help you pass.

Does your boyfriend/girlfriend:

- **Look** at you or **act** in ways that scare you?
- Act **jealous** or **possessive**?
- **Put you down** or **criticize** you?
- Try to **control** where you go, what you wear or what you do?
- Text or IM you **excessively**?
- **Blame you** for the hurtful things they say and do?
- **Threaten** to kill or hurt you or themselves if you leave them?
- Try to **stop you** from seeing or talking to friends and family?
- Try to **force you** to have sex before you're ready?
- Do they **hit, slap, push** or **kick** you?

If you said yes to even one, you may be in an abusive relationship. Call us if you need to talk. We're here **24 hours a day, 365 days a year**. All calls and chats are anonymous and confidential.

Contact us by phone at **1-866-331-9474 (1-866-331-8453 TTY)** or chat online from 4pm - 2am CST.