

## The Breakup Quiz (When to Bail)

**1. I am annoyed by many things about my partner.**

Strongly Agree Agree Neither Disagree Strongly Disagree

**2. We always seem to have drama between us.**

Strongly Agree Agree Neither Disagree Strongly Disagree

**3. My partner is always putting me down.**

Strongly Agree Agree Neither Disagree Strongly Disagree

**4. I am disappointed in this relationship.**

Strongly Agree Agree Neither Disagree Strongly Disagree

**5. We do not laugh together anymore.**

Strongly Agree Agree Neither Disagree Strongly Disagree

**6. I avoid my partner at times.**

Strongly Agree Agree Neither Disagree Strongly Disagree

**1-2 Strongly Agree or Agree** – Consider breaking up – especially if you're feeling put down or you're doing this to your partner.

**3 or more Strongly Agree or Agree** – Hmm, sounds like it's time to break up. You deserve a relationship based on trust, respect and compassion. Not sure? Take the full quiz on [www.lovehatsreal.com](http://www.lovehatsreal.com)

Quiz adapted from John Gottman, PhD

## Where to get help

If someone is in immediate danger, call **911**.

If you or a friend might be in an abusive relationship, talk to a parent/caregiver, a school counselor, or another adult you trust or a local domestic or sexual violence program.

## Hotline Numbers

**National Dating Abuse Helpline** 1-866-331-9474  
or [www.loveisrespect.org](http://www.loveisrespect.org) to chat online

**National Suicide Hotline**  
1-800-273-TALK (8255)

**National Sexual Assault Hotline**  
1-833-656-HOPE (4673) or  
[www.rainn.org](http://www.rainn.org) to chat online

**Love What's Real**  
[www.lovehatsreal.com](http://www.lovehatsreal.com)

*Cover art by Boise High School, Blue Sun team — Kay Shanafelt, teacher;  
Artists: Chiara Fritsch, Jessica Scheider, Summer Thorn and Sarah Whelan; Grand Prize  
ChalkHeART of Fame winner*

This document was developed under grant numbers 2012-WR-AX-0009 and partially by 2011-TA-AX-K055 and 2011-TA-AX-K114 from the Office on Violence Against Women of the U.S. Department of Justice. The opinions and views expressed are those of the author(s) and do not necessarily represent the official position or policies of the Office on Violence Against Women, U.S. Department of Justice.

# BREAKING UP



## Breaking up is natural

Here's the thing – most teenage romantic relationships are temporary – in fact, maybe that's how it should be. Relationships are part of life. And as normal as relationships are, breakups are normal too. In many situations, breaking up can actually be better for everyone.

### Consider ending a relationship if you are feeling or experiencing:

- Lack of contact or emotional connection
- Just want to be free and more independent
- Keeping secrets or not being honest
- One or both are irritable with the other
- Arguments (nothing gets solved, feelings get hurt)
- Feel happier when you are away from your partner

If you're being emotionally, sexually, or physically hurt, reach out to a trusted adult for help.

People care.

## How to break up in a respectful way

- Don't bring up your issues in front of the world (like Facebook). Online breakups may seem easier, but can actually complicate things
- Steer clear of blame and be kind, honest and clear
- Discuss in a safe setting where you have some privacy (unless you are fearful about their response, then break up in a public setting)
- Stay open and ask yourself what you can learn from the experience
- If your partner can't seem to be respectful, it's ok to end the conversation – and the relationship – without further discussion
- Allow time and space to heal - avoid making excuses to contact them
- Don't spread rumors out of spite (or at all)
- It's okay to cry - just don't let the blues keep you from normal activities

## Helping a friend through a breakup

- Offer listening and support, and focus mostly on the upside. No unwanted advice or "I told you so's"
- Avoid trash talking – it may come back to bite you
- Give what you can, but take care of yourself
- Encourage them to stick with things they like or try new things
- Talk to a trusted adult if your friend seems upset for more than a few days
- If your friend seems really down, or suicidal, get help immediately