

## Healthy Relationships Quiz

**Directions:** Read the following questions and circle the correct answer.

**1. What are the important factors in a healthy relationship?**

- a. Fear and submission
- b. Communication, equality, respect, honesty, self-identity, responsibility, trust, limits, and agreements
- c. Tenacity and control
- d. All of the above

**2. What are the signs of a healthy relationship?**

- a. You feel comfortable, happy, and are able to express your feelings positively
- b. You can share your problems and your successes
- c. You don't feel threatened
- d. All of the above

**3. How could you solve a conflict without using violence?**

- a. Breathe deeply, reflect, be respectful, listen, and talk it out
- b. Respond the same way as the other person does
- c. Share your perspective and ignore the other person's perspective
- d. All of the above

**4. How is violence or abuse played out in a relationship?**

- a. When someone physically abuses you
- b. When someone verbally abuses you
- c. When someone sexually abuses you
- d. All of the above

**5. How do you define good communication?**

- a. When you can't share your happiness or sadness
- b. When one person shares his/her perspective but doesn't allow the other person to do the same
- c. When two or more people listen and share their ideas in a respectful environment
- d. All of the above

**6. How does violence begin in unhealthy relationships?**

- a. Isolation
- b. Fear and intimidation
- c. Low self-esteem and humiliation
- d. All of the above

**7. What is gender role?**

- a. It is a term that biologically defines the sex of a person
- b. It is the idea that men are aggressive and women are passive
- c. The behavior and attitude assigned by society for the way women and men should be
- d. All of the above

**8. What are healthy boundaries in a relationship?**

- a. Zero tolerance for violence
- b. Respect and trust
- c. Equality
- d. All of the above

**9. What does peer pressure mean?**

- a. When you feel forced to do something that goes against your values
- b. When you want to do something that you can't do
- c. When you feel at liberty to change your ideas and thoughts, although no one agrees with you
- d. All of the above

**10. Who are the individuals that you can establish healthy relationships with?**

- a. Friends
- b. Your mother and/or father
- c. Your boyfriend/girlfriend
- d. All of the above

## Healthy Relationships Quiz Facilitator's Key

The following are the answers to the Healthy Relationships Quiz.

**1. What are the important factors in a healthy relationship?**

b. Communication, equality, respect, honesty, self-identity, responsibility, trust, limits, and agreements

**2. What are the signs of a healthy relationship?**

d. All of the above

**3. How could you solve a conflict without using violence?**

a. Breathe deeply, reflect, be respectful, listen, and talk it out

**4. How is violence or abuse played out in a relationship?**

d. All of the above

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