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

5. How do you define good communication?
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