

# Healthy Relationships Quiz

Name: \_\_\_\_\_

Class: \_\_\_\_\_

Circle the best answer for each question.

**1. Which of these is a sign of a healthy relationship?**

- ☐ a) Your friend gets angry when you spend time with other people
- ☐ b) You can disagree and still feel respected
- ☐ c) Your partner decides what you should wear
- ☐ d) A friend makes you feel guilty for saying no

**2. Malek's best friend keeps telling him to stop seeing his cousins because "they're a bad influence." This is an example of:**

- ☐ a) Healthy concern
- ☐ b) Isolation, a controlling behavior
- ☐ c) Normal teasing
- ☐ d) Peer support

**3. Which is the best example of setting a boundary?**

- ☐ a) "Whatever, do what you want."
- ☐ b) Ignoring the person for a week
- ☐ c) "I feel hurt when you joke about my family. I need you to stop."
- ☐ d) Posting about it so everyone knows

**4. A friend tells you someone hurt her and asks you not to tell anyone. What is the best thing to do?**

- ☐ a) Keep it secret no matter what
- ☐ b) Tell everyone in class so they can help
- ☐ c) Listen, believe her, encourage her to talk to a trusted adult, and tell one yourself if she is in danger
- ☐ d) Tell her it's probably her fault

**5. True or false: healthy relationships never have arguments.**

- ☐ a) True
- ☐ b) False

# Answer key

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| # | Answer                                                                                                      | Why                                                                                             |
|---|-------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|
| 1 | b) You can disagree and still feel respected                                                                | Healthy relationships leave room to disagree safely.                                            |
| 2 | b) Isolation, a controlling behavior                                                                        | Pushing someone away from family and friends is isolation.                                      |
| 3 | c) "I feel hurt when you joke about my family. I need you to stop."                                         | It names the feeling, the behavior and what you need.                                           |
| 4 | c) Listen, believe her, encourage her to talk to a trusted adult, and tell one yourself if she is in danger | Support her, and remember that safety comes before secrecy.                                     |
| 5 | b) False                                                                                                    | Every relationship has conflict. What matters is that both people can speak, listen and repair. |