

Relationship Quiz Cards: Answer Key

What does a healthy relationship mean to you?

Possible answers could include:



- having a friend you can trust and depend on;
- being able to talk about your feelings with someone;
- not being judged;
- having someone with whom you can hang out and have fun;
- having your personal boundaries respected;
- being taken care of and loved; and
- feeling safe.



Display the *Characteristics of a Healthy Relationship* content, using the presentation slide or the alternative method you have prepared.



“Respect” means acting in a way that shows you care about someone’s feelings and well-being. When we are in an environment that is respectful, we feel safe and are more likely to be our true, genuine selves.

Having “trust” involves having confidence in someone and knowing that they will be there for you.

“Healthy communication” means each person in a relationship can express their needs, expectations, and boundaries.

“Conflict resolution” is being able to find a peaceful solution to a disagreement in a fair, open, and respectful way.

“Independence” means making choices and decisions outside of a relationship, such as doing an activity even if your friends are not interested in it.

A healthy relationship should be “fun.” You enjoy time together and look forward to hanging out with that person.

Being “supportive” is part of a healthy relationship. Your friends should be able to ask you for help when they need it. You should be able to count on your friends for help when you need it.

In friendships based on “equality”, everyone feels that they have the power to make decisions and freely state their opinions; are safe to share their feelings; and are respected. People feel they can be their genuine, authentic selves.

In a healthy relationship, you should feel comfortable; “safe”; and not threatened by violence, bullying, or harassment.

“Empathy” is the ability to understand and share how someone else is feeling by imagining what it would be like to be in that person’s situation.

“Respecting personal boundaries” involves listening to others and respecting their limits and their expectations for how they want to be treated in a relationship.

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Where do we learn our messages about how to be in relationships?

Possible answers could include:



- media, including movies, TV, video games or magazines;
- our parents; and
- our peers.

The media can be a big influence on what we learn about relationships. Some things we see via media are very unhealthy. In the media, we see the following:

- disrespectful behaviours;
- violence in relationships;
- sexual assault being normalized;
- gender stereotypes about how people should look, dress, or act; and
- use of alcohol and drugs.

How do social media and technology impact our relationships?

Possible answers could include:



- help us communicate with people more easily;
- allow us to stay connected with people all over the world;
- result in less face-to-face communication;
- make cyberbullying possible;
- provide a way to send inappropriate pictures digitally; and
- expose us to attempts to influence our thoughts and opinions.

How do you show respect for the personal boundaries of others?

Possible answers could include:



- listening;
- not pushing or forcing something in a relationship;
- respecting the other person's limits; and
- asking permission first.

What does “safety” mean for you in a healthy relationship?

Possible answers could include:



- you should feel comfortable and safe in your relationships and not threatened by violence, bullying, or harassment.

How would you help a friend who is in an unhealthy relationship?

Possible answers could include:



- offer our support;
- be honest about how we feel, but without judging others;
- listen to someone who is ready to talk; and
- go with someone to talk to a trusted adult.