

## Talking to Your Teen About Healthy and Unhealthy Relationships

### Quiz Questions

1. What month is Teen Dating Violence Awareness Month?
  - a. October
  - b. April
  - c. February
2. Why should you let your teen lead the discussion around healthy and unhealthy relationships?
  - a. Because they are more likely to feel like this is a conversation instead of a one-sided lecture.
  - b. Because they know more than you.
  - c. Because then you won't have to talk as much.
3. True or False: Trust in healthy relationships means that both people feel like they can depend on one another and feel emotionally and physically safe with each other.
4. True or False: Consent is given when you don't say no. It doesn't matter if you also didn't say yes.
5. True or false: In healthy relationships, there are never any arguments.
6. What do healthy boundaries in relationships ensure?
  - a. That you get what you want.
  - b. That both partners feel safe, comfortable, and supported in the relationship.
  - c. That no one touches your stuff.
7. True or False: Mutual respect means you have to agree on everything.
8. Name one reason why communication is important in relationships.
9. True or False: Trust in healthy relationships means that both people feel like they can depend on one another and feel emotionally and physically safe with each other.
10. What is one other quality of a healthy relationship that you would add to this list?

### Answer Key

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T/F
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7. True or False: Mutual respect means you have to agree on everything.  
T/F
8. Name one reason why communication is important in relationships:
  - a. Open, honest, and safe communication is key to healthy relationships! In healthy relationships, both people are willing to communicate their emotions, needs, and expectations, while also providing space for the other person to do the same. Neither partner should feel afraid to share for fear of the other person's reaction or response.
9. True or False: Trust in healthy relationships means that both people feel like they can depend on one another and feel emotionally and physically safe with each other.  
T/F
10. What is one other quality of a healthy relationship that you would add to this list?
  - a. Up to You!