

# Relationship Quiz Cards: Answer Key

Can we talk? Being able to communicate and share feelings is an important part of a healthy relationship. *True or False?*



TRUE: Good communication is an important part of a healthy relationship. Each person in the relationship needs to be able to express themselves. Learning to explain oneself and to communicate needs, expectations, and boundaries are key communication skills.

Small post—big effects! Technology and social media can have a negative impact on our relationships. *True or False?*



TRUE: At times, using texts or social media can be a fast and easy way to communicate. However, without face-to-face contact, it can be hard to understand what another person is really saying or feeling. Messages that you post—whether they are comments or photos—can be hurtful and difficult or impossible to remove. The important thing to remember is: “Think before you post.” When you need to talk to a friend or dating partner about something important, think about the best way to do this. Sometimes it is best to pick up the phone or to take the time to talk to that person face-to-face.

Relax! Dating violence is a college or university problem. Only a small percentage of high school students experience violence in their dating relationships. *True or False?*



FALSE: Violence in dating relationships among youth is much more common than most people think. Approximately 33% of youth have experienced physical violence with a dating partner. Over 60% of youth have experienced emotional violence in their dating relationships.

Sticks and stones may break my bones, but words will never hurt me. Name-calling and insults are not a big deal. *True or False?*



FALSE: Emotional violence can impact our self-esteem and affect our confidence. It does not matter if the name-calling or insults come from a parent, sibling, dating partner, or friend—always remember: words can hurt.

Couples who are in love never fight! Conflict in a relationship is unhealthy. *True or False?*



FALSE: Most close relationships involve some conflict or disagreement. Disagreeing with someone or having your own opinion is not a bad thing; it is how you communicate and work to solve the problem that makes a relationship healthy or unhealthy.

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Who are you going to call? Most youth will turn to adults for help when they are in trouble.  
*True or False?*



FALSE: For a variety of reasons, youth may not turn to adults for help. If they are experiencing violence in a relationship, youth often choose to confide in or seek advice from friends, before they will tell an adult.

To support a friend who is experiencing violence in a relationship, you should know how to listen, be supportive, and link the person to further help.

Jealousy can be used to control someone. Jealousy is not a sign of love. *True or False?*



TRUE: While we all feel jealous every now and then, jealousy is not a way to show someone that you love them or care about them. Jealousy can be a warning sign of an unhealthy relationship. Rather than showing someone that you love them, jealousy can be about “controlling” a partner’s behaviours. If someone uses jealousy to stop you from talking to other people and seeing friends, this is not about love: it is about control. Setting personal boundaries and communicating openly with your partner can help reduce the harmful effects of jealousy.