



# HEALTHY RELATIONSHIP QUIZ

Each relationship is unique, but all healthy relationships have a few things in common. In a healthy relationship there should be trust, support, respect, equality, and it should be fun. Take the quiz and explore healthy characteristics within your relationship!

**Directions:**

Think about a current or recent relationship you want to examine. Put an **X** in either the **Neither Person**, **One Person** or **Both People** box.

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Considers partner's likes and dislikes when making plans			
Shares things they like about their partner			
Supports partner in setting and meeting personal and school goals			
Encourages partner to be their authentic selves			
Comforts partner when upset, sad, frustrated, etc.			
Asks for and listens to partner's point of view (even when having a disagreement)			
Respects partner's need for alone time			
Treats partner's property/belongings well			
Treats partner as an equal			
Respects online privacy			
Respects decisions around sex			
Admits mistakes			
Okay with partner spending time with family and friends			
Trusts that partner is being honest about their actions and activities			
Cares if the other person has fun when going out			
Communicates respectfully both publicly and privately			
<b>Total:</b> Count the number of <b>X's</b> for the <b>One Person and Both People column only</b> and write the total number in the bold box to the right.			



## HOW DID YOUR RELATIONSHIP SCORE?

**Score of 0-8:** This relationship has room for improvement. A healthy relationship needs both people to contribute equally. A score between 0-8 indicates that the relationship is either one sided or that it's not a priority for either partner. This relationship might work with combined effort and commitment, but you may want to examine if this relationship feels good to you?

**Score of 8-12:** Your relationship has a lot of positive things going for it, but like most relationships there is room for some improvement. Try setting shared goals to help increase the number of x's for both people. What three goals would you like to focus on first?

**Score of 12-16:** Healthy relationships take time and effort and you're both definitely working at it. Both partners should keep up the good work in this relationship. How can you continue to create a relationship that meets both partners' needs?

### Facilitator Debrief:

1. Have you ever thought about the health of your relationship(s) before?
  - a. What are the benefits of reflecting on this?
2. Do you think boundaries are needed to build a healthy relationship?
  - a. What is the value of establishing boundaries?
3. What statements would you like to see added to the healthy relationship quiz?
4. (In small groups) If you scored between 0 – 12, let's brainstorm ways you could initiate conversations with your partner about strengthening your relationship. Come back together after 10 minutes to share in the large group.