

Partners in Prevention Fund

Program: **Healthy Relationships Plus Program**

Site: _____

Participant Code: _____

Today's Date: _____

1. Which of the following is a common stressor faced by youth?
 - a. family
 - b. friendships
 - c. school
 - d. all of the above
 - e. I don't know
2. Which of the following is an example of how power can be abused in a relationship?
 - a. sexual assault
 - b. breaking up
 - c. limiting opportunities for the other person
 - d. A & B
 - e. A & C
 - f. I don't know
3. Which of the following is a characteristic of a healthy relationship?
 - a. respectful language
 - b. trust
 - c. always wanting to know where the other person is
 - d. A & B
 - e. all of the above
 - f. I don't know
4. Which of the following is a characteristic of a healthy relationship?
 - a. confusion
 - b. physical violence
 - c. loneliness
 - d. A & C
 - e. all of the above
 - f. I don't know
5. What does FICS stand for?
 - a. Face the person, Identify the solution, Change, Summarize
 - b. Face the person, Ignore distractions, Clarification, Summarize
 - c. Find help, Identify the solution, Change, Support
 - d. I don't know
6. What is FICS used for?
 - a. Active listening
 - b. Coping
 - c. Breaking up
 - d. I don't know
7. Which of the following is an early warning sign of dating violence?
 - a. jealousy
 - b. threats
 - c. partner purposely tries to embarrass you
 - d. A & C
 - e. all of the above
 - f. I don't know
8. Which of the following is a guideline for responding assertively?
 - a. yell
 - b. use a calm voice
 - c. tell the person what you would like to see happen
 - d. A & C
 - e. B & C
 - f. I don't know
9. Which of the following is a guideline for making an apology?
 - a. tell the person why you are sorry
 - b. use a serious tone of voice
 - c. tell the person how you will correct the situation, if possible
 - d. A & C
 - e. all of the above
 - f. I don't know
10. Which of the following is a factor to consider when breaking up with someone?
 - a. be honest without hurting the person's feelings
 - b. tell them in person, even if you are concerned about your safety
 - c. tell them in private, even if you are concerned about your safety
 - e. all of the above
 - f. I don't know

11. Which of the following is a strategy you can use to avoid having your boundaries pushed?

- a. negotiation
- b. delay
- c. refusal
- d. all of the above
- e. I don't know

12. If a friend doesn't want anyone else to know how they are feeling, but you are worried about their safety, you should tell an adult.

- a. True
- b. False
- c. I don't know

13. Which of the following is something you could say/do to support a friend who is struggling with mental health?

- a. listen to them
- b. take them to an adult for help
- c. tell them they'll be fine and not to worry about it
- d. A & B
- e. all of the above
- f. I don't know

14. Which of the following is something you should NOT say/do to support a friend who is struggling with mental health?

- a. criticize them
- b. joke about it
- c. tell them they'll be fine and not to worry about it
- d. A & B
- e. all of the above
- f. I don't know

15. Why is it important to know skills other than refusal to avoid having your boundaries pushed?

- a. you may need time to make the right decision for you
- b. if saying no doesn't work, you may need another option
- c. sometimes people really pressure you
- d. all of the above
- e. I don't know

16. How old are you? _____

17. Are you:

- Female
- Male
- Non-binary or other

18. What do you consider yourself to be?

- Hispanic or Latino
- Not Hispanic or Latino

18. What do you consider yourself to be? (Select one or more.)

- American Indian or Alaskan Native
- Asian
- Black or African American
- Native Hawaiian or other Pacific Islander
- White