



## **Quiz Instructions: Can You Identify What a Healthy Relationship Looks Like?**

### **Step-by-Step Instructions:**

1. Discuss the goal of this exercise. Review the Tips for Discussion section below to assist you with this dialogue.
2. Hand the participant(s) a copy of the quiz.
3. Read the directions out loud and ask the participant(s) to complete the quiz.
4. When the participant(s) have completed the quiz, discuss the participant(s) initial thoughts. If both partners are present, instruct them to exchange quizzes.
5. Using the answer sheet, review the responses and provide the individual/couple with the correct answers. Do not share the rationale for the answers yet. If both partners are present, they should be grading each other's quiz. Ask them to share their partner's score out loud.
6. Allow the participant(s) the opportunity to discuss one of the answers that was answered incorrectly. Review the rationale for the answer to that question. If time allows, allow the participant(s) to briefly discuss all incorrect answers and review the rationale for each.
7. Provide them with the Quiz Answers and Discussion Sheet.
8. Encourage them to sit down together at a later date to review the quiz and process the information. Also ask that they consider what steps they will take to implement what they have learned.

**Title:** Quiz Instructions: Can You Identify What a Healthy Relationship Looks Like?

**Group Size:** 10 to 50+; must be even numbered group as they will work in pairs

**Time Needed:** 20 minutes (discussion times vary)

**Goal:** To help couples identify the difference between a healthy and unhealthy relationship.

**Audience:** Couples, Individuals

**Special Considerations:**

### **Resources Needed:**

- Quiz - Can You Identify What a Healthy Relationship Looks Like?
- Answer sheet - Can You Identify What a Healthy Relationship Looks Like?
- Writing utensils

## **Tips for Discussion and Processing:**

The case manager's goal is to help couples identify what both healthy and unhealthy characteristics look like in a romantic relationship. Although this may cause some discomfort, it is an important component for keeping the relationship healthy. Ultimately, the work they put in will help them to avoid the possibility of harm that could come to themselves and their children, particularly if they remain in an unhealthy relationship.

Note: Case managers should pay attention to body language, general comments, and other signs that may suggest discomfort with subject matter, and make referrals as necessary.

## **Resources:**

Healthy vs. Unhealthy Relationships

<http://depts.washington.edu/hhpccweb/article-detail.php?ArticleID=376&ClinicID=13>

Healthy Relationship Quiz

[http://www.gotoquiz.com/healthy\\_relationship\\_quiz](http://www.gotoquiz.com/healthy_relationship_quiz)

How Healthy Is Your Relationship?

<http://www.quibblo.com/quiz/4rHcJ/How-Healthy-Is-Your-Relationship>