

# dating

**Learning Objective:** Each student will learn be able to identify and learn skills to cope with grief.

## Quiz Reflection:

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## Video Reflection:

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## Podcast Reflection:

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## Goals:

**1.**

What? \_\_\_\_\_

Why? \_\_\_\_\_

How? \_\_\_\_\_

**2.**

What? \_\_\_\_\_

Why? \_\_\_\_\_

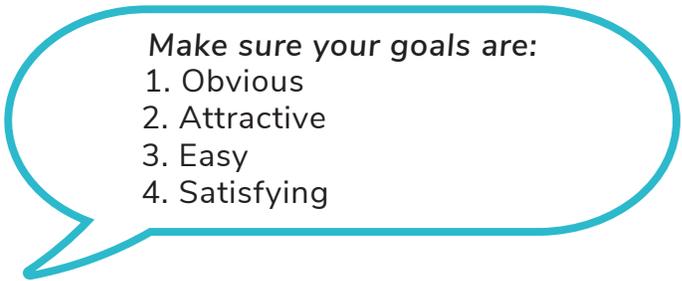
How? \_\_\_\_\_

**3.**

What? \_\_\_\_\_

Why? \_\_\_\_\_

How? \_\_\_\_\_



## Final Thoughts:

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**Not signed up?**

See your instructor for the opt-in code.

# dating

This quiz is for your personal awareness. Your answers will be kept completely anonymous.

**1. People in a relationship are happier than those not in a relationship.**

- Strongly Agree  Agree  Somewhat Agree  
 Disagree  Strongly Disagree

**2. I believe opposites attract.**

- Strongly Agree  Agree  Somewhat Agree  
 Disagree  Strongly Disagree

**3. If someone that loves you tells you to change your appearance or ideas, you should because you want to make them happy.**

- Strongly Agree  Agree  Somewhat Agree  
 Disagree  Strongly Disagree

**4. I'm a peacemaker and will avoid discussions that will make my boyfriend/girlfriend uncomfortable, upset, or want to break up with me.**

- Strongly Agree  Agree  Somewhat Agree  
 Disagree  Strongly Disagree

**5. If your boy/girlfriend does not like your friends or family it is probably best to distance yourself from them to make sure your boy/girlfriend isn't uncomfortable.**

- Strongly Agree  Agree  Somewhat Agree  
 Disagree  Strongly Disagree

**6. After someone tells you they don't like you, you should continue to like and wait for that person because they could change their mind.**

- Strongly Agree  Agree  Somewhat Agree  
 Disagree  Strongly Disagree

**7. If you really love someone, you should give them whatever they ask for.**

- Strongly Agree  Agree  Somewhat Agree  
 Disagree  Strongly Disagree

**8. If your boy/girlfriend leaves you for someone else, it's probably your fault or something is wrong with you.**

- Strongly Agree  Agree  Somewhat Agree  
 Disagree  Strongly Disagree

**9. I believe people are blind to faults when they really like someone (love is blind).**

- Strongly Agree  Agree  Somewhat Agree  
 Disagree  Strongly Disagree

**10. Sometimes your boy/girlfriend may say something embarrassing about you or not make you feel good about yourself in front of other people, but that is just part of a relationship and does not mean anything.**

- Strongly Agree  Agree  Somewhat Agree  
 Disagree  Strongly Disagree

**11. It's alright if your boy/girlfriend tells you not to do something because it will take away time from you spending time together.**

- Strongly Agree  Agree  Somewhat Agree  
 Disagree  Strongly Disagree

**12. When conflicts arise, it's best to take the blame in order to keep peace in your relationship, even it's not your fault.**

- Strongly Agree  Agree  Somewhat Agree  
 Disagree  Strongly Disagree

Want to learn more about trauma, and other mental health topics?

Visit: [schoolpulse.org/resources](https://schoolpulse.org/resources)



## quiz results

Use your quiz answers to add up your points.

**Strongly Agree = 1 point**  
**Agree = 2 points**  
**Somewhat Agree = 3 points**  
**Disagree = 4 points**  
**Strongly Disagree = 5 points**

Total Points: \_\_\_\_\_

### 12-32

You may want to re-examine your values when it comes to relationships. Healthy relationships are built on trust, respect, self-control, and communication.

### 33-47

Good Work!  
There is a good indication that you have healthy relationship skills.

### 48-60

Keep it Up! There is strong indication that you have healthy relationship skills.

*These results are not a diagnosis, if you have questions text us at SchoolPulse.*

## confidentiality agreement

This class should be a safe place for participants. Participants are expected to keep anything said during this class by other class members confidential. This is not meant to encourage secret-keeping, but rather to protect everyone's privacy and ensure that this class is a safe place to share feelings. Class members are expected to treat one another with respect.

Confidentiality within this class is based on mutual trust. Legal exceptions to confidentiality include a clear or present danger to harm yourself or another, knowledge or suspicion of the abuse or neglect of a minor or incapacitated adult, or any other information legally required to be reported to social services.

I \_\_\_\_\_, agree to not disclose to anyone outside this class any information that may help to identify another class member. This includes, but is not limited to, names, physical descriptions, biological information, and other specifics about interactions with other group members.

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Date