

Relationships and Sex Education (RSE) Day

It begins with me

RSE Quiz Time!



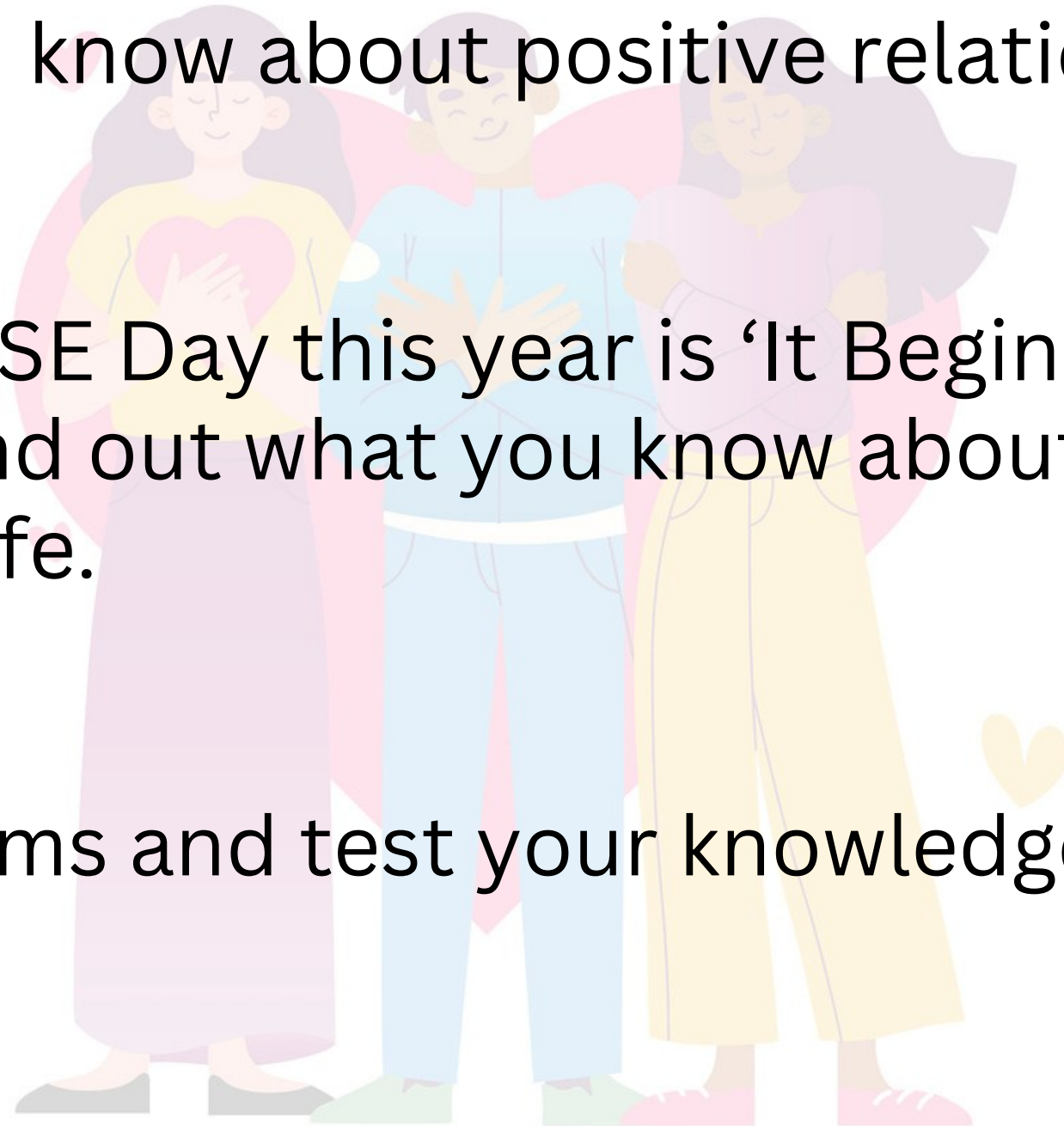


Text

How much do you know about positive relationships and self-esteem?

As the theme of RSE Day this year is 'It Begins With Me,' here is your chance to find out what you know about keeping your body and mind safe.

Get into small teams and test your knowledge in this quiz!





Question 1

If a friend cancels plans at the last minute, what is the healthiest response for someone to have?

A. Ignore them for a week

B. Feel disliked and unwanted

C. Complain about them to everyone else

D. Assume it's not personal and ask to reschedule

Answer - 2

If a friend cancels plans at the last minute, what is the healthiest response for someone to have?

A. Ignore them for a week

B. Feel disliked and unwanted

C. Complain about them to everyone else

D. Assume it's not personal and ask to reschedule

Correct Answer: D – Assume it's not personal and ask to reschedule



Question 2

Which of the following best describes a healthy relationship?

A. Constant secrecy

B. Mutual respect and consent

C. Telling untruths

D. No communication

Answer - 2

Which of the following best describes a healthy relationship?

A. Constant secrecy

B. Mutual respect and consent

C. Telling untruths

D. No communication

Correct Answer: B - Mutual respect and consent are always important qualities for a healthy relationship

Question 3

Which attitude best shows confidence in a school setting?

A. Copying someone else's work to avoid mistakes

B. Missing a lesson because it feels challenging

C. Asking for help if needed

D. Never asking questions

Answer - 3

Which attitude best shows confidence in a school setting?

A. Copying someone else's work to avoid mistakes

B. Missing a lesson because it feels challenging

C. Asking for help if needed

D. Never asking questions

Correct Answer: C – Asking for help if needed. This is a strength and not a weakness

Question 4

Which factor is most linked to healthy self-esteem?

A. Positive self-talk and social support

B. Perfectionism

C. Constant self-criticism

D. Avoiding challenges

Answer - 4

Which factor is most linked to healthy self-esteem?

A. Positive self-talk and social support

B. Perfectionism

C. Constant self-criticism

D. Avoiding challenges

Correct Answer: A - Positive self-talk and social support

Question 5

If a person fancies someone but they don't feel the same way, which response shows a healthy level of self esteem?

A. Pressuring the other person to reconsider

B. Assuming they are not good enough for the other person

C. Respecting the other person's feelings and accepting this

D. Trying to change to impress the other person

Answer - 5

If a person fancies someone but they don't feel the same way, which response shows a healthy level of self esteem?

A. Pressuring the other person to reconsider

B. Assuming they are not good enough for the other person

C. Respecting the other person's feelings and accepting this

D. Trying to change to impress the other person

Correct Answer: C – Respecting the other person's feelings and accepting this. It does not mean there is anything wrong with someone if they are rejected.

Question 6

What is a sign of healthy self-esteem in friendships?

A. Seeking constant validation from strangers

B. Setting boundaries to allow for personal space

C. Letting friends make all the decisions

D. Feeling responsible for other people's emotions

Answer - 6

What is a sign of healthy self-esteem in friendships?

A. Agreeing with everything to avoid conflict

B. Setting boundaries to allow for personal space

C. Letting friends make all the decisions

D. Feeling responsible for other people's emotions

Correct Answer: B – Setting boundaries to allow for personal space

Question 7

Which celebrity quote is along the lines of 'you are enough just as you are' ?

A. Meghan Markle



B. Billie Eilish



C. Lizzo



D. Harry Styles



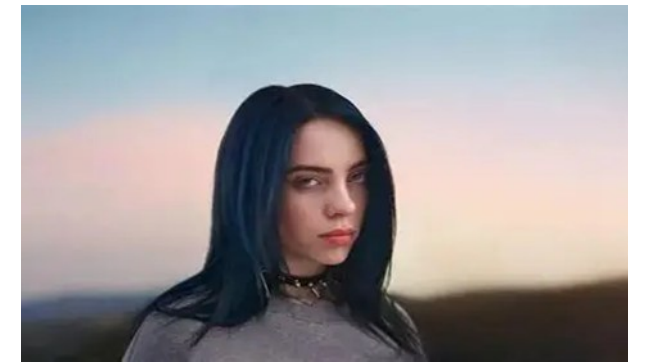
Answer - 7

Which celebrity quote is along the lines of 'you are enough just as you are' ?

A. Meghan Markle



B. Billie Eilish



C. Lizzo



D. Harry Styles



Correct Answer: C – Lizzo frequently shares messages about self-worth and acceptance

Question 8

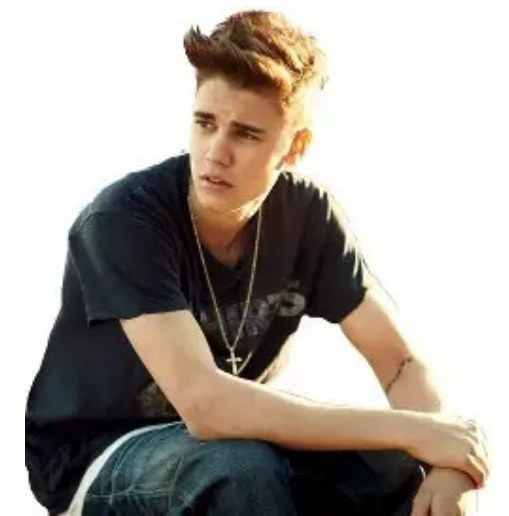
Who said this?

“Your self-worth is determined by you. You don’t have to depend on someone telling you who you are.”



A. Selena Gomez

B. Justin Bieber



C. Ed Sheeran

D. Beyonce



Answer - 8

Who said this?

“Your self-worth is determined by you. You don’t have to depend on someone telling you who you are.”



A. Selena Gomez

B. Justin Bieber



C. Ed Sheeran

D. Beyonce



Correct Answer: D- Beyonce was quoted as saying this in Marie Claire magazine

Question 9

Which male celebrity has been open about their struggles with body image and self-esteem?

A. Zac Efron



B. Dwayne Johnson



C. Gordon Ramsey



D. Hugh Jackman



Answer - 9

Which male celebrity has been open about their struggles with body image and self esteem?

A. Zac Efron



B. Dwayne Johnson



C. Gordon Ramsey



D. Hugh Jackman



Correct Answer: A – Zac struggled with pressures around body image while filming Baywatch and developed insomnia and depression. He now has a more positive relationship with food and diet, stating that a ‘Baywatch Body’ is unrealistic.

Question 10

Which of these actions best supports healthy self-esteem?

A. Seeking constant validation from strangers

B. Focusing on strengths and accepting flaws

C. Comparing yourself to others

D. Avoiding new activities

Answer - 10

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A. Seeking constant validation from strangers

B. Focusing on strengths and accepting flaws

C. Comparing yourself to others

D. Avoiding new activities

Correct Answer: B - Focusing on strengths and accepting flaws



How well did you do?

Score of 8-10: You are relationship and self esteem experts!

Score of 6-8: RSE educators in the making

Score of 4-6: You are on the path to great knowledge!

Score of 0-4: Keep learning and never give up!

Whatever your score, you are amazing individuals who deserve the best relationships possible.

