

# RSE Day Communicate Quiz

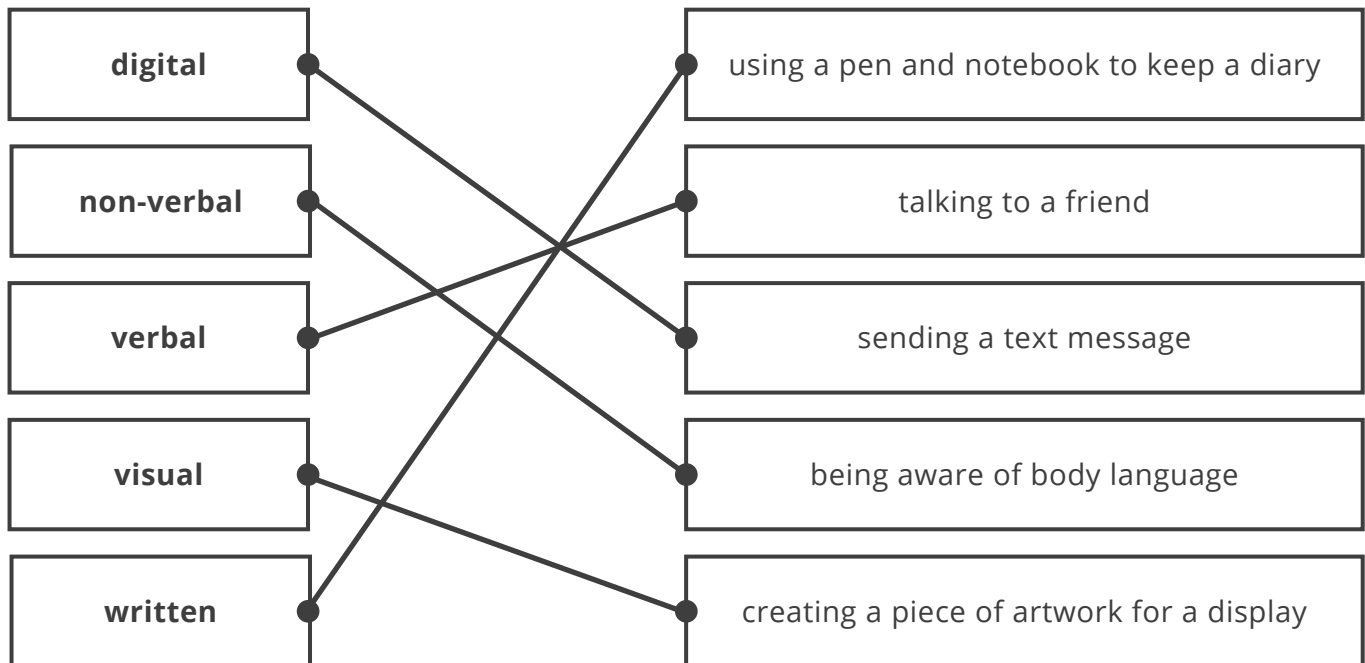
## Answers



RSE Day is celebrated on the last Thursday of June each year.  
This year, it is held on 26th June 2025 and the theme is:

### Communicate

1. Match the following types of communication to the correct example.



2. What is digital communication?

- ☐ speaking as if you were an AI
- ☐ writing in a physical diary
- ☐ using hand gestures to highlight your point
- ☒ **communicating using technology such as emails, social media and text**

3. Communication isn't just about sharing information or messages; it is also about receiving them.  
**Which of these options best describes active listening?**

- ☐ thinking about what you want to say whilst a person is talking
- ☐ talking over the person who is communicating
- ☒ **ignoring distractions and focusing fully on the person communicating**
- ☐ being quiet while someone else is communicating



4. What is the best way to respond to someone who is upset?

- ☐ talk about it to someone else
- ☒ **listen to the person, show empathy and ask if there is anything that you can do to support them**
- ☐ ignore them
- ☐ tell them they are overreacting

5. How can you tell if someone is interested in what you are verbally communicating?

- ☒ **they respond appropriately by turning their body to face towards you**
- ☐ they check their phone a lot
- ☐ they turn away from you
- ☐ they start talking over you

6. Sometimes people will communicate what they want directly, making it clear what they really want. Other times, people may suggest or imply a message; this is known as indirect communication.

**Which of the following is an example of indirect communication?**

- ☐ 'can you turn the TV down?'
- ☐ 'stop shouting, please'
- ☒ **'that music is really loud'; This could indicate that the person is irritated, overwhelmed or dislikes the music.**
- ☐ 'I would like an apple'

7. In which situation would it be useful to use visual communication?

- ☐ giving a speech to your class, without any aids
- ☐ writing a novel
- ☐ listening to music
- ☒ **demonstrating how to evacuate a building in an emergency**

8. What changes could be made to improve your communication skills?

**Answers may include:**

- **practise active listening,**
- **show people that you are listening through body language or appropriate listening sounds and signals,**
- **before sending a text, email or any other form of digital communication, read through carefully and consider how another person might interpret what you are saying,**
- **practise starting conversations verbally or with a safe person online,**
- **using eye movement and facial expressions that feel comfortable for you.**