

RSE Day Communicate Quiz



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.

digital

using a pen and notebook to keep a diary

non-verbal

talking to a friend

verbal

sending a text message

visual

being aware of body language

written

creating a piece of artwork for a display

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'
- ☐ '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?
