



## Family Violence Prevention

**Quiz: Is your relationship with your parents healthy?**

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Choose the answer that describes your relationship with your parents the most when it comes to:

**Talking about your feelings:**

- a) You feel comfortable telling your parent(s) how you are feeling.
- b) You feel awkward telling your parent(s) how you are feeling.
- c) You are afraid to tell your parent(s) how you are feeling because you fear getting put down, threatened, or physically hurt.

**Communicating:**

- a) You talk to your parent(s) every day about all kinds of things.
- b) There are some days you do not talk to your parent(s) much at all.
- c) When you talk to your parent(s), you often feel criticized, hurt or ignored.

**Having disagreements:**

- a) You can have disagreements and still talk respectfully to each other. You resolve your disagreements.
- b) Your disagreements often turn into verbal fights.
- c) You are afraid to disagree because you do not want to anger your parent(s). The disagreement often triggers the abuse.

**Spending time together:**

- a) You spend time with your parent(s) and on your own.
- b) You spend some time with your parent(s) but you mostly spend your time with your friends.
- c) You don't remember the last time you did something fun with your parent(s).

**Feeling safe and secure:**

- a) You feel safe and secure with your parent(s).
- b) You feel safe most of the time but there have been a few incidents that have made you feel uneasy.
- c) You do not feel safe in your home.

**Being violent or abusive:**

- a) Your parent(s) have never been violent or abusive to you.
- b) There have been a few incidents of emotional abuse or controlling behaviour by your parent(s). But there is no pattern of abuse or violence.
- c) There is a pattern of increasing, ongoing abuse. This can include emotional, physical or sexual abuse as well as intimidation, neglect and forced confinement.



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If you answered **mostly a's**. We all know that nobody's parents are perfect. Your relationship with your parents is **healthy**.

If you answered **mostly b's**. Your relationship with your parents is **unhealthy**. Talk to a family member, close friend, a teacher or counsellor at school for help.

If you answered **mostly c's**. Your relationship with your parents is **abusive**. You need to get help. Talk to a family member, close friend, a teacher or counsellor at school for help. It is important to understand that you are not responsible for your parent's actions. You do not deserve to be abused.