



# SHINE®

Self-esteem • Healthy relationships • Independence • No means no • Empowerment

## QUESTIONNAIRE

**IT'S IMPORTANT  
FOR EVERYBODY  
TO LEARN HOW  
TO S-H-I-N-E!**



### HORIZONTAL

1. Adult that you can trust and go talk to in your school.
3. Behaviors, words or actions taken to harm someone.
8. Being able to recognize your qualities and your self value (2 words in one)
11. Type of boundary related to how you feel, your emotions
12. Adult that you can trust and go talk to in school or at a youth center.
14. Type of boundary related to internet and social media (Facebook, Instagram, Snapchat)
15. Type of relationship where there's a control, manipulation, violence.

### VERTICAL

2. Type of relationship where there's communication, respect and equality.
4. First idea that we have of someone we just met.
5. Type of boundary related to our personal space or bubble.
6. Ready made expression or opinion, cliché. Often refers to the feminine or masculine gender.
7. What is not respected and triggers my internal alarm system?
9. Means everybody is equal and has the same importance.
10. When a teenager leaves home and doesn't want to be found.
13. Person you can trust and can help you.



[missingchildrensnetwork.ngo](http://missingchildrensnetwork.ngo)

Missing Children's Network  
950 Beaumont, Suite 103, Montreal (Quebec) H3N 1V5  
T. 514 843-4333 F. 514 843-8211  
Registered Charity Number : 10788 6863 RR0001