

**Read each scenario and then check the response that applies to you. Once you've answered all the questions, calculate your results. You'll learn a little more about yourself and how you interact with others.**

**QUESTION 1** • You're watching your favourite show with Paul. During a commercial break, an actress comes on TV. Paul says, "Wow, did you see how pretty and slim she is... it's the perfect look for a girl!" **What do you say?**



I tell Paul you have to look like that actress in order to feel good about yourself.



I explain to Paul that the actress is really pretty, but you can't rely on appearances.



I tell Paul he's right, just to make him happy.

**QUESTION 2** • During a party, you take pictures of your friends to post on social media, with their permission. Alice doesn't like one of the pictures you posted and asks you to remove it. **What do you do?**



I refuse to remove the photo. It's my account and I have the right to post what I want.



I tell Alice that everyone loves her picture and we can't remove it anymore.



I remove the picture. Alice has the right to change her mind and choose whether or not she wants her picture published.

**QUESTION 3** • You get a message from Patrick, an old friend of yours. He'd like to go skating with you, but your friend Zoe doesn't like Patrick. She tells you that you should only have friends that you both have in common. She tells you she cares a lot about you and your friendship. **What do you do?**



I go skating with Patrick, without telling Zoe.



I block all contact with Patrick.



I explain to Zoe that I have the right to choose my friends.

**QUESTION 4** • Your new friend Alexandra made a joke about the illustration on your favorite shirt. **What do you do?**



I laugh at her joke even though I don't find it funny at all.



I take the time to explain to her that I didn't like her joke.



I make a nasty joke about the colour of her shoes.

**QUESTION 5** • Your aunt wants to kiss you on the cheek. You don't like her kisses because they're wet.  
**What do you do?**



I let her kiss me even if I'm really uncomfortable.



I ask her nicely if we can just give each other a hug.



I tell her I don't want her to catch my sore throat.

**QUESTION 6** • A friend sends you pictures on the Internet that make you uncomfortable.  
**What do you do?**



I don't tell anyone as I don't want to lose my Internet access.



I tell my friends at school about it and ask them to keep quiet about it.



I tell an adult whom I trust and ask what I can do about it.

Count the number of:



**If you have mostly:**

OOPS! It's important to learn to respect yourself and others. Don't hesitate to ask for help. You'll be glad you did!

**If you have mostly:**

WHEW! Even if you understand the importance of respecting others, you still have a little work to do... Don't give up!

**If you have mostly:**

WELL DONE! You really understand the importance of respecting yourself and others. Keep being a good influence!