

HEALTHY RELATIONSHIPS QUIZ FOR GUYS



1. There's no real difference between flirting and "sexual harassment". It's no big deal - girls or women who object to being flirted with aren't "harassed", they're just uptight or overreacting.
True False
2. "Boys will be boys". Being tough and aggressive is part of being a guy. If my girlfriend has a problem with the way I act - if she doesn't like me making the decisions or wants me to be more "sensitive" - then her expectations aren't realistic.
True False
3. It's not my right to question another guy's abusive remarks or behaviour - that's his business. It's not my responsibility to get involved. True False
4. Girls say no to sex because they think they have to. It's not really what they mean - they just don't want to "give in" too easily. True False
5. I like good-looking girls and women - what's wrong with that? It's okay to be attracted to them because of their looks. True False
6. Girls who wear sexy clothes are asking for sex. True False
7. My girlfriend complains that I'm trying to control her life. But I worry about her and like to know where she is at all times. She says that calling her on her cell phone all the time when she's out with her friends is suffocating, but I'm trying to show her that I love her. Besides, what if I need her? There's nothing wrong with that, right? True False
8. My girlfriend got me really turned on while we were kissing, but then asked to stop before I wanted - I was so frustrated but I quit. My buddy says I didn't have to quit if I didn't want to - but I disagree. I think I did the right thing. True False
9. I get aggressive when I'm drunk. My girlfriend says I scare her. But I'm not like that when I'm sober. You can't blame me for the way I act when I'm drunk. The alcohol is to blame.
True False
10. Sometimes when I'm upset, I yell at my girlfriend and call her names. She says that it scares her, but I don't mean anything by it. I'm just blowing off steam. It's not like I hit her or anything. There's no reason for her to be afraid of me. True False

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1. **FALSE.** There's a world of difference between flirting, which makes both parties feel good - and harassment, where one person's remarks or actions make the other feel very uncomfortable, embarrassed or hurt. Flirting feels flattering and fun for both people. The person who's flirting is respectful of the other person. The other person feels safe and may flirt too. Harassment is not respectful. The harasser acts thoughtlessly or is trying to provoke a reaction without caring much about the other's feelings. The other person may feel angered, put-down, or threatened by the harasser's remarks or actions. Occasionally what you might think is innocent flirting on your part makes others feel bad. In this situation, you can't put the blame on them for not liking what you did or said. Don't be afraid to take responsibility for your actions and accept that they were inappropriate.
2. **FALSE.** The idea that guys have to be tough and aggressive is very common - but it is a stereotype, a label that limits males freedom to say, do, and feel what's rewarding in life. Contrary to what we see in movies and TV, tough, aggressive guys don't get more of what they want than guys who listen, negotiate and express "sensitive" feelings. The truth is that there's no one way that any of us should be expected to feel or act whether we are male or female. The important thing is to behave in ways that are respectful of people's feelings, including your own.
3. **FALSE.** Guys can play an important role in stopping violence against girls and women. Start by being respectful and considerate of women in your own life. You can also help influence other men. Don't let other guys get away with talking about or treating girls and women disrespectfully. And if you suspect a guy is physically abusive, there are several things you can do:
 - Let him know that his behaviour is unacceptable, and that as a friend you can't just sit back and watch him be abusive. Be specific about what you've seen and heard and how it makes you feel.
 - Explain that he needs to take responsibility for his actions - that he can't blame his violence on his girlfriend, drugs or alcohol.
 - Remind him that physical violence and threats of violence are crimes. Make it clear that he will face imprisonment if he is convicted of assault.
 - Encourage him to talk to a counsellor, a coach or another trusted adult. Let him know that it's not too late to change his behaviour.
4. **FALSE.** When a girl says "no", she means "no, I do not want to have sex with you." And you have no choice but to accept that she means it - that's the law. It doesn't matter what you think her reasons are or if you doubt what she's saying. Any message other than yes - even a "maybe", "not now" or "I'm confused" - means that you cannot go ahead. If you do, you are acting against the law. Remember too that if a girl or woman is too drunk or "stoned" to know what she is doing, she is not capable of giving her consent to sex - which means that if you go ahead, you are committing a crime.

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5. **TRUE.** It is okay to be attracted to people because of their looks. And people are often flattered when someone else likes their appearance. What's unhealthy is when a guy values girls and women based on their looks alone. If a person is only concerned with someone's looks, he may ignore intelligence, humour, feelings - all the things that go beyond beauty and make up a real human being. A guy who has this attitude is robbing himself of enjoying real, mature relationships - and it can lead him to treat girls and women abusively. Take a moment to think about the girls and women around you at school, work and elsewhere. Do you often treat someone differently than others based on the way they look?
6. **FALSE.** If a girl or woman wears sexy clothes, it does not automatically mean that she wants to have sex with you or anyone. There are all sorts of reasons she may choose to dress this way - for you to jump to conclusions would be a big mistake. In a situation like this, ask - don't assume.
7. **FALSE.** This behaviour is controlling and harassing. It is not an expression of love - in fact it is sign of your own fears and insecurities. In a healthy relationship, a guy doesn't avoid these fears by blaming his girlfriend for them - he talks about them and tries to work through them. In a healthy relationship, a girl can spend time away from her boyfriend without telling him about her every move. Wanting to spend time on her own doesn't mean she doesn't care about her boyfriend or is sneaking around on him. It just means she wants to live a full life and not be completely dependent on him - this is healthy for both partners. If someone tells you that your behaviors are making them feel uncomfortable, pay attention. If you continue to make her feel threatened, you could be committing a serious crime known as criminal harassment or **stalking**. Stalking includes behaviors such as uttering threats, making repeated and harassing phone calls, watching or following someone, hurting/damaging her pets or property, or repeatedly sending gifts that she does not want.
8. **TRUE.** Some guys mistakenly think that a girl or woman in this situation owes it to the guy to have sex until he's satisfied. Some even think that the guy couldn't be blamed if he used guilt, force, or threats to get his way. But threatening or pressuring a girl to do anything sexual against her will is sexual assault - it is against the law.
9. **FALSE.** The alcohol is never to blame. A person is always responsible for his or her actions, even when very drunk. The law backs this up - guys have tried to defend themselves against charges for violent crimes they committed when they were drunk - it doesn't hold up in court.
10. **FALSE.** Abuse often goes from bad to worse. And name-calling can be part of a predictable cycle that leads eventually to physical abuse. Calling someone names is a form of emotional abuse. Guys call their girlfriends names to make them feel hurt, ashamed, or afraid - and to control them. When their name-calling doesn't have this effect, they may use other abusive behaviour, such as violence, to get what they want.