

Building Positive Connections: A PSHE Quiz with Max and Ellie

Learning objective: To identify the characteristics of healthy relationships, understand the importance of mutual respect, and recognise strategies for resolving conflict.

Read each question carefully. Max the monkey is looking for logical answers, and Ellie the elephant is using her memory to help you recall what makes a friendship flourish. Good luck!

Answer Key: 1.C, 2.True, 3.False, 4.True, 5.Active listening, 6.B, 7.False, 8.Empathy, 9.A, 10.Compromise.
Note: For Q5, accept any synonym for listening carefully.

Word bank: Empathy · Trust · Respect · Communication · Compromise · Boundaries · Honesty · Support

- 1. Max is feeling upset because his friend forgot his birthday. Which is the most constructive way to handle this? A) Ignore the friend forever. B) Spread rumours about them. C) Have a calm, honest conversation about how you feel. D) Shout at them in front of the class. (1 mark)**

- 2. True or False: A healthy relationship means both people feel comfortable saying 'no' to things they do not want to do. (1 mark)**

- 3. True or False: In a strong friendship, you should never disagree with your friend. (1 mark)**

- 4. True or False: Trust is built over time through consistent, reliable actions and honesty. (1 mark)**

- 5. What is the term for the skill of giving your full attention to someone when they are speaking, showing that you value their perspective? (1 mark)**

- 6. Ellie says that when a conflict arises, it is best to: A) Let the argument grow until someone wins. B) Find a compromise where both sides feel heard. C) Avoid the person until they apologise first. D) Ask someone else to pick a side. (1 mark)**

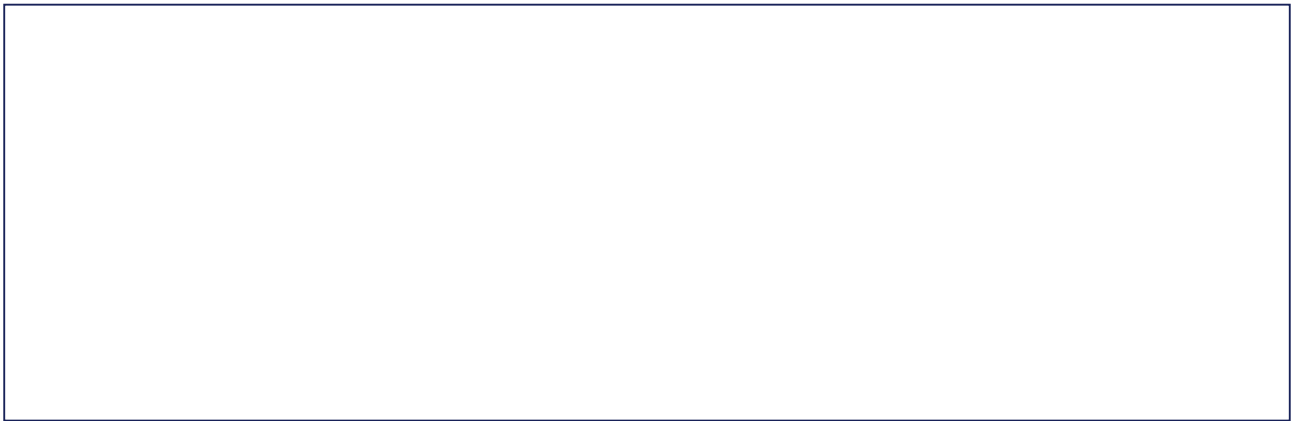
- 7. True or False: Online relationships with strangers are exactly the same as face-to-face friendships with people you know well. (1 mark)**

- 8. Which attribute, starting with 'E', describes the ability to understand and share the feelings of another person? (1 mark)**

9. When you have a disagreement, what should you focus on? A) Your friend's actions. B) How to prove you are right. C) How to 'win' the argument. D) Why the friendship is not worth it. (1 mark)

10. If two friends want to play different games, what is the best way to resolve this? (1 word) (1 mark)

Draw: Draw a scene featuring Max and Ellie working together on a collaborative project, showing body language that suggests they are listening to each other and respecting each other's ideas.



Extension challenge: Greater Depth Challenges: 1. Explain why 'boundaries' are essential for maintaining self-respect within a friendship. 2. Compare and contrast a 'fair-weather' friend with a supportive friend. 3. Justify why honesty is considered the foundation of trust. 4. What might happen if a relationship lacks two-way communication? 5. Reflect on a time you had to compromise; how did it change your perspective on the situation? 6. Create a 'Friendship Charter' for your class, listing five non-negotiable rules for respectful interactions.