

Healthy Relationships Quiz Series



✓ Respect ✓ Trust ✓ Commitment ✓ Integrity ✓ Selflessness ✓

Quiz 2: Do I show my children what a good relationship looks like?

Children learn by watching — and imitating the adults they know best. Set the stage for your child's future relationships by communicating and resolving conflicts with your spouse or partner in a safe, respectful and constructive way. Take this quiz to help your children build a lifetime of healthy, strong relationships.



Please answer Yes or No:

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| 1. Do you compliment your partner and show signs of appreciation, affection and positive regard for each other in front of your children? | YES | NO |
| 2. Do you model shared responsibility and commitment to taking care of home and family? | YES | NO |
| 3. Do you spend quality time with your partner and together as a family? | YES | NO |
| 4. Do you avoid confrontation in front of your children? | YES | NO |
| 5. Do you generally support your partner in parenting and act as "one team" to avoid undermining the other? | YES | NO |
| 6. Do you avoid yelling at or calling your partner names in a disagreement? | YES | NO |

If you answered "no" to any of these questions, you may want to learn more about how significantly adults influence children's attitudes and behavior.

Contact Military OneSource at <http://www.militaryonesource.mil> or 800-342-9647, or your installation [Family Advocacy Program](#) for information on effective communication, emotional regulation, and conflict resolution skills and resources for creating a more peaceful and pleasant home environment.

If you answered "yes" to most of these questions, that's great. You're showing your children that core values play a big part in a healthy relationship. If you'd like more information, visit Military OneSource and check out, "[Making Relationships Work](#)" to help start a conversation with your children and teens.