Relationships & Consent
Content Knowledge Assessment

This assessment is based on knowledge we believe educators should know when delivering sex education to youth. Participating in the assessment will help you identify what information you currently manage as well as current knowledge gaps to address. This document consists of an assessment, an answer key for the assessment, a specific resource to address knowledge gaps for each question, and a list of general resources on the topic.

1. Which of the following statements are true? (Select all that apply)
   a. Relationship behaviors exist on a spectrum from supportive/respectful to abusive.
   b. Respectful relationships may sometimes include unsupportive behaviors.
   c. Respectful relationships can be monogamous, polyamorous, asexual, or can include many other configurations.
   d. It is always easy to identify when a relationship is abusive.

2. Using strict definitions of "healthy" and "unhealthy" relationships can: (Select all that apply):
   a. Alienate rather than empower young people
   b. Clarify which relationships a young person should end
   c. Ignore that unsupportive behaviours can show up in supportive relationships
   d. Provide language that is applicable for everyone's relationship experience

3. Essential skills that empower supportive relationships can include: (select all that apply)
   a. Open communication
   b. Boundary setting
   c. Monogamy
   d. Seeking consent

4. Elements of affirmative consent are: (Select all that apply)
   a. "No means no"
   b. A safe, open, ongoing conversation
   c. One person is responsible for providing consent
   d. "Yes, means yes"

5. Which of the following are true about consent? (select the two best answers)
   a. Consent laws vary from state to state
   b. Consent can be given by someone under the influence of drugs or alcohol
   c. Consent can only be given verbally
   d. Consent can change at any time

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6. Which of the following behaviors are red flags that a relationship may be abusive? (Select multiple answers)
   a. A person keeps their partner from seeing friends
   b. A person finds ways to make everything their partner's fault
   c. A person sometimes argues with their partner
   d. A person has access to all their partner's social media accounts and randomly checks their messages

7. Some reasons that people stay in abusive relationships are: (select all that apply)
   a. Being in love with their partner
   b. Emotional weakness
   c. Feeling isolated or lack of outside support
   d. Financial reliance on the abusive partner

8. Which of the following examples are how a teen may experience partner digital abuse? (Select the three best answers)
   a. The partner sends unwanted sexual photos
   b. The partner sends so many messages that it makes the person feel uncomfortable
   c. The partner mutes the person on social media
   d. The partner posts photos of private moments when upset

9. When teaching about digital communication, which of the following is true? (Select all that apply)
   a. Digital communication only needs to be discussed if students bring it up
   b. The average age someone starts sexting is 16 years old
   c. Digital communication plays a large role in the mental health of youth and the need for constant interaction
   d. Youth are more likely to have important conversations over text

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Question #	Correct Answer
Question 1	b & c
Question 2	a & c
Question 3	a, c & d
Question 4	b & d
Question 5	a & d
Question 6	a, b, & d
Question 7	a, c & d
Question 8	a, b, & d
Question 9	b, c, & d

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Relationships and Consent: Assessment Questions Resources

Please note the Love is Respect site and resources refer to "healthy" and "unhealthy" relationships. Language is shifting away from strict definitions of relationships towards recognizing individuals in relationships demonstrate "supportive" and "unsupportive" behaviors.

Q	Topic	Citation	Summary
1	Relationship spectrum	*Teaching Relationships & Consent Training* SparkED.net	Four-hour self-paced course on how to discuss and teach about relationships and consent.
		Fundamentals of Relationships & Consent SparkED.net	Concise and informative 1 page document detailing the core concept, rationale for teaching it, talking points, facts, and sample questions from young people with some sample answers.
		Relationship spectrum Love is Respect	Downloadable 1 page handout on the relationship spectrum. *
2	Supportive vs. healthy terminology	*Teaching Relationships & Consent Training* *SparkED.net*	Four-hour self-paced course on how to discuss and teach about relationships and consent.
		Fundamentals of Relationships & Consent SparkED.net	Concise and informative 1 page document detailing the core concept, rationale for teaching it, talking points, facts, and sample questions from young people with some sample answers.
3	Relationship Skills	*Teaching Relationships & Consent Training* SparkED.net	Four-hour self-paced course on how to discuss and teach about relationships and consent.
		Setting Boundaries. Love is Respect	Information on boundary setting as a relationship skill, including emotional, physical, and digital boundaries and conflict resolution skills.
		Relationship Spectrum Love is Respect	Information on consent as a relationship skills.

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4	What consent is	*Teaching Relationships & Consent Training* SparkED.net	Four-hour self-paced course on how to discuss and teach about relationships and consent.
		Consent 101: Respect, Boundaries & Building Trust RAINN, 2025	Definition of consent, how to practice consent, what enthusiastic consent looks like and why consent matters.
		Understand Consent. Love is Respect	Overview of consent in relationships. Describes what consent looks like, what it does not look like, and red flags that indicate a partner doesn't respect consent. Emphasizes importance of getting consent every time and respecting boundaries.
5	When can someone give consent	*Teaching Relationships & Consent Training* SparkED.net	Four-hour self-paced course on how to discuss and teach about relationships and consent.
		What consent does and doesn't look like Love is Respect	Overview of consent in relationships. Describes what consent looks like, what it does not look like, and red flags that indicate a partner doesn't consent. Emphasizes importance of getting consent every time and respecting boundaries.
		Age of Consent by State 2024 World Population Review	Interactive map and information on age of consent for each state (ages range from 16 – 18 years old), along with any acceptable age difference between sexual partners (range from – 10 years age difference).
6	Signs of abusive relationships	*Teaching Relationships & Consent Training* *SparkED.net*	Four-hour self-paced course on how to discuss and teach about relationships and consent.
		Healthy Relationship High School Educators Toolkit, Page 7. Love is Respect	Toolkit for high school educators that contains multiple worksheets and helpful lesson planning information. Page 7 focuses on warning signs of abuse.

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7	Why people stay in abusive relationships	*Teaching Relationships & Consent Training* SparkED.net	Four-hour self-paced course on how to discuss and teach about relationships and consent.
		Why Do People Stay in Abusive Relationships? Love is Respect.	Overview of reasons a person might stay in an abusive relationship.
8	Digital Abuse	*Teaching Relationships & Consent Training* *SparkED.net*	Four-hour self-paced course on how to discuss and teach about relationships and consent.
		Digital Abuse: A Discussion about Teen Dating Violence Pillars Community Health	Blog post detailing digital abuse surrounding social media and sexting. Discusses safety planning tips for addressing technology related abuse.
		Teen Digital Dating Violence Toolkit Tech Safety Canada	Guidance on what it is, different components that make up digital dating violence, and resources on staying safe and getting help.
9	Digital Communication	*Teaching Relationships & Consent Training* SparkED.net	Four-hour self-paced course on how to discuss and teach about relationships and consent.
		Phones are changing the way teens talk – and it's not all bad Colorado Public Radio, 2019	Short article on teen digital communication and its impact on teens.

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Relationships and Consent: General Resources

Citation	Summary
Teaching Relationships & Consent Training SparkED.net	Four-hour self-paced course on how to discuss and teach about relationships and consent.
Fundamentals of Teaching Relationships and Consent SparkED.net	Concise and informative 1 page document detailing the core concept, rationale for teaching it, talking points, facts, and sample questions from young people with some sample answers.
Healthy Relationships Love is Respect	Overview of key considerations in relationships, and a quiz to help young people determine if they are in an abusive relationship. *

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