



Healthy Friendships - Ask Ava Podcast Scavenger Hunt

DIRECTIONS

- 1) Listen to 3 short podcast episodes (click the individual links or visit <https://www.safe-sound.org/ask-ava/>):
[Episode 9: Friends Series – “How do I know I have a true friend?”](#)
[Episode 10: Friends Series – “If your friend treats you badly, should you confront them?”](#)
[Episode 12: Friends Series – “Why do my friends overreact when I joke about them?”](#)
- 2) Then, answer the questions below. All the answers are in the episodes. Good luck!

TRUE or FALSE

For each statement below, write or circle one answer.

1. Unhealthy or bullying behaviors will go away if you just ignore them.
True or False? _____
2. Friendships can be unhealthy or abusive.
True or False? _____
3. Someone’s INTENT is more important than the IMPACT of what they said.
True or False? _____

SHORT ANSWER

4. What is empathy?

5. List at least 3 signs that your friendship is healthy.

6. List at least 3 signs that your friendship is unhealthy or abusive.



For more information:

- Listen to all current Ask Ava episodes [here](#), released every Thursday.
 - Or type in this link: <https://www.safe-sound.org/ask-ava/>
- Want to “Ask Ava” your own questions about this topic? Send it in [here!](#)
 - https://form.jotform.com/Safe_Sound_Somerset/i-want-to-ask-ava
- Visit our website at <http://www.safe-sound.org>.
- Call or text our 24/7 hotline at **866-685-1122** for questions about unhealthy friendships or relationships. You matter!