



Healthy Friendships - Ask Ava Podcast Scavenger Hunt

DIRECTIONS

- 1) Listen to 3 short podcast episodes (click the links below or find the episodes here: http://www.safe-sound.org/resource-center/learning-center/?_category=podcast). You can also read a transcript of each episode.
 - [Episode 76: "How do I know I have a healthy friendship?"](#)
 - [Episode 79: "If a friend treats you badly, should you confront them?"](#)
 - [Episode 12: "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. Abuse and bullying often get worse over time.
True or False? _____
2. Friendships can be unhealthy or abusive.
True or False? _____
3. If a friend makes you feel unsafe, their INTENT (what they meant) is more important than the IMPACT of their actions (how you feel).
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/>
- Visit our website at <http://www.safe-sound.org>
- Call or text the Safe+Sound Somerset helpline, 24 hours a day, 7 days a week at **866-685-1122** for questions about unhealthy friendships or relationships, and information about our free services. You matter, and you deserve to be safe!