

FRIENDSHIP SMART

GROUP HEALTH QUIZ INSTRUCTIONS

This quiz is designed to be used in professional settings to generate honest discussion about how adolescents experience safety, chemistry, and effort within their friendship groups.

Instructions:

Step 1: Complete the quiz

Each group member completes the quiz anonymously using the following code:

- 2 points. Yes — The group consistently shows this behaviour
- 1 point. Sometimes — The group shows this behaviour inconsistently
- 0 points. No — The group rarely or never shows this behaviour

Step 2: Add up the results

- Steady Group — 15–20 points
- Wobbly Group — 8–14 points
- Hard Group — 0–7 points

Step 3: Discuss the results

A facilitator might reveal the group's overall results in the following ways:

- The anonymous reveal: Use overall scores or insights to highlight where the group stands. For example, Eight people said “yes” to feeling like they can be themselves. Six people said “no” to disagreements feeling safe. Nine people said “sometimes” to feeling included.
- The strengths first reveal: Use a strengths-lead approach, highlighting where the group scored the highest before addressing challenges. For example, You are actually doing really well at . . . This group is strongest in . . . Followed by, Can anyone guess what area you scored the lowest in?

Discussions can then be had around young people's experiences of steady, wobbly and hard.

FRIENDSHIP SMART

GROUP HEALTH QUIZ

Give each question a score

Yes - 2 points

Maybe - 1 point

No - 0 points

Does this group make it easy for people to be themselves?

0	1	2
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Does this group handle disagreement without things getting nasty or tense?

0	1	2
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Does everyone in this group get equal say, or do one or two people tend to control things?

0	1	2
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Does this group have a positive vibe most of the time?

0	1	2
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Does this group celebrate each other's wins?

0	1	2
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Does this group help people feel like they belong and matter?

0	1	2
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Does this group welcome different personalities, interests and opinions?

0	1	2
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Does this group work out things out when there is a problem?

0	1	2
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Does this group talk to people directly about issues rather than talking about people?

0	1	2
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Do people usually walk away feeling okay about themselves after being with this group?

0	1	2
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TOTAL	
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Steady Group

15-20 points

Wobbly Group

8-14 points

Hard Group

0-7 points