

SFH Module 3 Question Bank

1. Building Communication Skills (Q1–10)

1. **Effective communication involves:**

- A. Only talking
- B. Listening actively and speaking clearly
- C. Ignoring the other person's feelings
- D. Speaking quickly to get your point across

Answer: B

2. **Which of the following is NOT a characteristic of good communication?**

- A. Active listening
- B. Clear and concise speaking
- C. Interrupting the other person
- D. Being non-judgmental

Answer: C

3. **Which of these is an example of non-verbal communication?**

- A. Speaking loudly
- B. Writing a letter
- C. Facial expressions and body language
- D. Using sign language

Answer: C

4. **Effective communication can help to:**

- A. Create misunderstandings
- B. Build trust and mutual respect
- C. Increase conflict
- D. Encourage secrecy

Answer: B

5. **Which of the following is a key skill for resolving conflicts through communication?**

- A. Avoiding the issue
- B. Aggressive behavior
- C. Open and honest discussion
- D. Ignoring the other person's perspective

Answer: C

6. **Active listening involves:**

- A. Waiting for your turn to speak
- B. Giving full attention and responding thoughtfully
- C. Talking while the other person is speaking
- D. Ignoring the speaker's body language

Answer: B

7. **Which of the following is an example of positive body language?**

- A. Crossing your arms
- B. Maintaining eye contact and smiling
- C. Looking at your phone during conversation
- D. Avoiding eye contact

Answer: B

8. **To build trust in communication, you should:**
- A. Keep secrets from others
 - B. Be consistent and honest
 - C. Always agree with the other person
 - D. Use sarcasm
- Answer: B**
9. **Which of these is an effective way to communicate in stressful situations?**
- A. Yelling at the other person
 - B. Speaking slowly and clearly, keeping your emotions in check
 - C. Avoiding eye contact
 - D. Staying silent until the situation passes
- Answer: B**
10. **The tone of voice can influence communication by:**
- A. Conveying emotions and intentions
 - B. Making the conversation harder to understand
 - C. Lowering the importance of the message
 - D. Reducing the clarity of the message
- Answer: A**
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2. Friends and Friendship (Q11–20)

11. **True friendship is built on:**
- A. Shared interests only
 - B. Honesty, trust, and mutual respect
 - C. Constant communication
 - D. Agreeing on everything
- Answer: B**
12. **Which of the following is NOT a characteristic of a healthy friendship?**
- A. Mutual support
 - B. Trust and openness
 - C. Constantly competing with each other
 - D. Understanding and empathy
- Answer: C**
13. **What is one way to strengthen a friendship?**
- A. Criticizing each other regularly
 - B. Supporting each other through difficult times
 - C. Ignoring the other person's needs
 - D. Keeping secrets from one another
- Answer: B**
14. **Which of the following is a sign of an unhealthy friendship?**
- A. Respecting boundaries
 - B. Feeling safe to express your thoughts
 - C. Manipulative behavior and dishonesty

D. Offering help when needed

Answer: C

15. How can friends resolve conflicts in a healthy way?

A. Ignoring the issue

B. Listening to each other's concerns and finding a compromise

C. Blaming each other

D. Keeping the issue to oneself

Answer: B

16. What is one way to maintain a long-lasting friendship?

A. Only focusing on your own needs

B. Consistent and open communication

C. Constantly criticizing the other person

D. Never spending time together

Answer: B

17. A true friend would:

A. Help you in difficult situations

B. Always agree with you

C. Ignore your feelings

D. Compete with you in everything

Answer: A

18. Which of these is a potential benefit of having close friendships?

A. Increased stress

B. Improved mental health and well-being

C. Social isolation

D. Decreased communication skills

Answer: B

19. What is the role of forgiveness in a friendship?

A. To hold grudges

B. To maintain a positive and healthy relationship

C. To ignore the problem

D. To avoid conflict

Answer: B

20. A healthy friendship allows individuals to:

A. Feel comfortable being themselves

B. Compete for attention

C. Judge each other

D. Always try to "win" arguments

Answer: A

3. Education (Q21–30)

21. Education can play a key role in building healthy relationships by:

A. Promoting understanding and empathy

B. Ignoring differences

- C. Encouraging competitiveness
- D. Focusing solely on academic performance

Answer: A

22. Which of the following can improve communication skills in a relationship?

- A. Ignoring feedback
- B. Attending communication skills workshops
- C. Avoiding difficult conversations
- D. Arguing aggressively

Answer: B

23. What is one way education helps in resolving conflicts in relationships?

- A. Teaching ways to avoid confrontation
- B. Offering strategies for effective problem-solving
- C. Encouraging individuals to act defensively
- D. Focusing on blaming others

Answer: B

24. Which of the following is an educational tool for improving relationship skills?

- A. Watching television
- B. Reading books on communication and relationships
- C. Avoiding discussions about feelings
- D. Ignoring other people's perspectives

Answer: B

25. Effective communication in education can promote:

- A. Misunderstandings
- B. Better collaboration and understanding
- C. Conflict and separation
- D. Ignoring diversity

Answer: B

26. How can education about emotions help improve relationships?

- A. By teaching people to suppress their feelings
- B. By helping individuals understand and express their emotions better
- C. By encouraging people to avoid their emotions
- D. By discouraging empathy

Answer: B

27. Which of the following is a role of education in creating a caring relationship?

- A. Encouraging selfish behavior
- B. Teaching empathy and emotional intelligence
- C. Focusing only on self-gain
- D. Avoiding personal responsibility

Answer: B

28. Learning about cultural differences can help in relationships by:

- A. Promoting mutual respect and understanding
- B. Ignoring individual needs
- C. Encouraging judgment of others
- D. Enforcing stereotypes

Answer: A

29. Which of the following is a reason why educational programs on relationships are important?

- A. They provide tools to strengthen communication
- B. They encourage unhealthy competition
- C. They focus only on academic achievement
- D. They discourage social interactions

Answer: A

30. Education on healthy relationships should focus on:

- A. Avoiding all conflicts
- B. Developing emotional intelligence and conflict resolution skills
- C. Criticizing others' opinions
- D. Fostering codependency

Answer: B

4. The Value of Relationships and Communication Skills (Q31–40)

31. Healthy relationships contribute to:

- A. Increased stress levels
- B. Longevity and emotional well-being
- C. Reduced self-esteem
- D. Social isolation

Answer: B

32. Which of the following is a benefit of good communication in relationships?

- A. Misunderstandings and hurt feelings
- B. Stronger bonds and trust
- C. Conflict escalation
- D. Reduced empathy

Answer: B

33. The ability to express oneself clearly is important because it helps to:

- A. Create confusion
- B. Build understanding and trust
- C. Prevent honest conversations
- D. Lead to frequent arguments

Answer: B

34. Which of these is an example of a healthy relationship?

- A. One person constantly makes decisions for both
- B. Both individuals express their needs and listen to each other
- C. One person controls the other's choices
- D. One person avoids communication altogether

Answer: B

35. Which of the following enhances communication in a relationship?

- A. Avoiding sensitive topics
- B. Active listening and feedback
- C. Ignoring the other person's needs

D. Avoiding conflict at all costs

Answer: B

36. The value of relationships lies in:

- A. Gaining personal advantages
- B. Providing emotional support and mutual growth
- C. Winning arguments
- D. Controlling others

Answer: B

37. Which of the following is important in maintaining healthy relationships?

- A. Being constantly critical of each other
- B. Demonstrating respect, empathy, and trust
- C. Ignoring the other person's feelings
- D. Keeping secrets

Answer: B

38. What role does respect play in relationships?

- A. It causes arguments
- B. It creates a foundation for understanding and care
- C. It leads to emotional distance
- D. It forces one person to dominate

Answer: B

39. Good communication skills can help in:

- A. Building walls between people
- B. Strengthening mutual understanding and connection
- C. Encouraging one-sided conversations
- D. Avoiding any conflict resolution

Answer: B

40. In relationships, the ability to compromise means:

- A. Always giving in to the other person's wishes
- B. Finding a middle ground that satisfies both parties
- C. Ignoring each other's needs
- D. Never disagreeing

Answer: B