



# Quiz: Are You Getting RESPECT?



*Respect is connected to everything. From how you feel about yourself to how others treat you to the choices you make. Take this quiz to find out if your world is running on respect or if disrespect is holding you back—and how you can spread respect for all girls, starting with yourself.*

1. When you make a so-called mistake, how do you deal with it?
  - a. I usually beat myself up, like thinking I'm stupid.
  - b. It bothers me, but I just try to forget about it.
  - c. I think about why I did it in the first place and what I want to do differently in the future.
2. When you're feeling down and people tell you "You're so sensitive!" or "What's wrong now?" how do you respond?
  - a. I stay quiet, say nothing's wrong, and slink away.
  - b. I feel hurt and defend myself by venting.
  - c. I stay true to my feelings. And I tell them how their comment makes me feel.
3. When you see yourself in the mirror, what's the first thing that comes to mind?
  - a. I see all my flaws and how I want to change my appearance.
  - b. I think I'm pretty cute, but not as hot as girls in magazines or on TV.
  - c. I feel confident and comfortable because I take good care of myself.
4. When it comes to spending your personal time, what's most important to you?
  - a. What personal time? I'm with my friends so much the only time I have to myself is when I sleep.
  - b. Preparing for the future. My parents have a lot of plans for me—some stuff I'm into but some stuff I do just to keep them off my case.
  - c. My activities and interests. I have a lot of hobbies outside of school that I really love.
5. How do you and your family get along?
  - a. We barely relate. They don't trust me, and I don't feel like I can be honest with them, so we keep getting into arguments.
  - b. I tell them as little as possible or sneak around sometimes to keep the peace.
  - c. I feel like they listen to me and I try to do the same. If we get mad, we take a "time-out" and cool off.
6. If I had to sum up my closest group of friends in one word, I'd have to say my friends are mostly:
  - a. competitive. They spread rumors and play mean games with people.
  - b. tight. We do everything together, dress alike, and make choices as a group—we're inseparable.
  - c. supportive. They encourage me to stay true to myself, and we support and stick up for one another.

7. If you had a boyfriend/girlfriend who accused you of being a flirt whenever you talked to other people, what would you do?
  - a. Respect his/her wishes and stop talking to other people so much.
  - b. Ask him/her to stop talking to other girls. That's only fair!
  - c. Tell him/her that our relationship should be built on trust and we can't try to control each other or we'll have to break up.
  
8. If you were making out with someone and he/she touched you somewhere that you weren't comfortable with, you would:
  - a. try to relax and see what happens next.
  - b. try to wiggle out of that position and get things going in another direction I'm more comfortable with.
  - c. say, "I'm not into that," and set a boundary for how far things can go in the future.
  
9. If a guy at school made a sexual joke about your body, you would:
  - a. shrug it off—guys are just like that.
  - b. dish it back and tell him he's a loser who can't get a girl like me.
  - c. tell him to stop harassing me (and if he didn't, I'd report it to a school official).
  
10. A person you just met at the mall wants you to go somewhere with him to keep talking but you feel weird about it. What would you do?
  - a. I would probably keep talking—I wouldn't want the person to be offended or think I'm rude.
  - b. That depends on if my friends were around to rescue me.
  - c. I would look at the time and say, "Well, it was nice to meet you—I gotta get going. My parents are picking me up now."
  
11. When you hear about girls around the world being abused or not having the same rights as you, how do you feel?
  - a. Not sure—I don't know much about the struggles girls around the world are having.
  - b. Angry and sad—why is the world so messed up? But there's nothing I can do about it—they're there and I'm here.
  - c. Like doing something. I might research the problem online or talk to other people about it to see what we can do to change things.



# Answers

## Down in Disrespect (Mostly A's)

It seems like you have hard time being the real you—you need more respect in your life and it starts with knowing your rights. You have a right to speak up, be safe, listen to your feelings, and be different from other people and what you see in the media. But even though outside forces can get you down, true respect starts on the inside. Think about what you want and deserve. How can you treat yourself with respect and how do you want to be treated by others? What are your values, beliefs, and passions? Once you know yourself better, you can build even more respect in your relationships. Remember, to trust your gut and set boundaries about what you need or when you don't feel comfortable. See Part 1 of *Respect* (Respect on the Inside) for ways you can improve your self-respect, body image, and media IQ.

## Halfway There (Mostly B's)

You tend to trust your gut and know you deserve respect, but you're not always sure how to get it. Keep staying in touch with your feelings, and let people know (respectfully, of course) when they have stepped over your boundaries. When disrespect is going down, try to keep your cool and tell people how you feel and what you need to change. Remember, speaking up is a respect basic. Also, keep investing in your self-respect so you feel more comfortable being yourself *all* of the time. Hang out with people who encourage you and do things that make you feel comfortable and accepted as the amazing person you are! Check out Part 2 (Getting and Giving Respect) of our book for more communication tips when it comes to your family, friendships, and relationships.

## Keeping It Real (Mostly C's)

You know you need respect like the air you breathe, and you're not afraid to speak up and stand out. You show the true you, even if it goes against what's cool or popular. You also work on building respectful relationships, where people support you and encourage you to try new things and you give them the same respect in return. Keep the respect flowing by helping other girls get respect in their lives through sisterhood—stand by and for other girls wherever you go. And take your power one step further by becoming an activist and spreading respect in your world. Read Part 3 (Taking Action) for ways you can become a crusader of girls' rights!

