

QUIZ 2

Parental Relationship Quiz



Stop.

For parents who are currently in a relationship or are considering separating

In every relationship there are times when couples argue.

These are natural.

But we also know that some parents argue more often or with more aggression. And this has a direct negative impact on the children in the household or relationship.

Who this quiz is for



This quiz is for parents who are still in a relationship, including those who are considering separation. There is a separate quiz for parents who have separated.

Please answer all questions to the best of your ability, even if they do not seem entirely relevant to you.

Your responses will help you to identify relevant support for you and your partner, or to anonymously measure the effectiveness of the relationship course you are attending.

To help you get the most out of the quiz and the wider support available, please answer honestly and openly.



How to use this quiz

This quiz should be completed by parents who are still together in a relationship.

Each parent should complete this quiz on their own.

Once they have done so, you should talk through your individual answers and viewpoints.

It is important to make sure that you (or the other parent) do not feel pressured to respond to any particular question with any particular answer. This needs to be their honest opinion.

Please avoid the temptation:

- to answer for them
- to influence their response
- to correct or change

You just need to listen to them.

Tips.

1

Find a period of uninterrupted time and space

2

Make sure you are happy to do it - you must not feel forced or made to complete the quiz

3

Give yourself space to answer the quiz

4

Share your answers with your partner

How would you rate your relationship with your partner?

On a scale of 0-10

0



10

Things are really bad



Things are really great



You and your partner

Please think about the times during the last 4 weeks when you and your partner have spent time talking or doing things together.

With those times in mind, please indicate how often your partner acted in the following ways towards you.

During the last 4 weeks, how often did your partner...

	Always	Almost always	About half	Almost never	Never
Let you know they really care about you	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Act loving and/or affectionate towards you	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Let you know that they appreciate your ideas or the things you do	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Help you to do something that is important to you	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Act supportive and understanding towards you	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Criticise you	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Argue with you when you disagreed about something	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Get angry at you	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Shout at you because they were upset with you	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



How you deal with relationship issues

The following are a series of statements that describe things people sometimes do and feel when disagreements happen. Indicate how often you do these.

All relationships have moments of arguments and disagreements.

How often do you and your partner argue in front of your child?

Always	Almost always	About half	Almost never	Never
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Sometimes it is difficult to keep financial discussions to specific times and places.

How often would you say you and your partner argue over money in front of your child?

Always	Almost always	About half	Almost never	Never
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

A child will often go to one parent for money or permission to do something after having already been refused by the other parent.

How often would you say your child tries this with you or your partner?

Always	Almost always	About half	Almost never	Never
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Parents can often disagree on the subject of discipline.

How often do you and your partner argue over disciplinary problems in front of your child?

Always	Almost always	About half	Almost never	Never
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Parents can often complain about their partner in front of their child.

How often does your partner complain to you about your behaviour in the home in front of your child? Things like drinking or smoking, nagging or sloppiness.

How often do you complain to your partner about their behaviour in front of your child?

Always	Almost always	About half	Almost never	Never
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Parents can often disagree on the subject of discipline.

How often do you and your partner argue over disciplinary problems in front of your child?

Always	Almost always	About half	Almost never	Never
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Often arguments can become heated.

How often do you or your partner display verbal hostility in front of your child?

Always	Almost always	About half	Almost never	Never
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



Arguing frequency

How often do you and your partner argue about each of the following topics?

The child

Always	Quite a lot	Hardly ever	Never
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Money

Always	Quite a lot	Hardly ever	Never
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Intimacy and sex

Always	Quite a lot	Hardly ever	Never
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Chores and responsibilities

Always	Quite a lot	Hardly ever	Never
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Religious beliefs

Always	Quite a lot	Hardly ever	Never
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Leisure time

Always	Quite a lot	Hardly ever	Never
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Alcohol use

Always	Quite a lot	Hardly ever	Never
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Substance use

Always	Quite a lot	Hardly ever	Never
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Friends and relatives

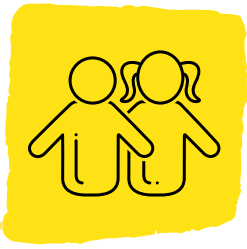
Always	Quite a lot	Hardly ever	Never
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

How you communicate

Always	Quite a lot	Hardly ever	Never
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Parenting styles and decisions

Always	Quite a lot	Hardly ever	Never
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



Children's experiences

Think about your child's responses when there is conflict between you and their other parent. Indicate how you think your child is affected.

	Very often	Often	Rarely	Almost never	Never
Do you think your relationship with your child is affected by conflict between you and your partner?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Do you think your child may feel pressured to take sides when there are disagreements between you and your partner?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Do you think your child picks up on tension at home, for example when one parent gives 'the silent treatment'?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Do you think your child ever wants you and your partner to get on better?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Do you think your child ever blames themselves when there is conflict between you and your partner?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



Negativity

Do you think conflict in your relationship with your partner has a negative effect on your child's:

Emotions and mental health

Always	Quite a lot	Hardly ever	Never
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Behaviour (in and out of school or childcare)

Always	Quite a lot	Hardly ever	Never
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Ability to concentrate and learn well

Always	Quite a lot	Hardly ever	Never
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Physical health and wellbeing

Always	Quite a lot	Hardly ever	Never
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

In the last 4 weeks how often do you think you...

	A lot	Sometimes	Rarely	Almost never	Never
Spoke negatively to your child about your partner?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Spoke negatively about your partner when your child was within earshot?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Spoke negatively about your partner when your child seemed out of earshot?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Finally, now you have completed the questionnaire, please score your relationship with your partner again

On a scale of 0-10

0



10

Things are really bad

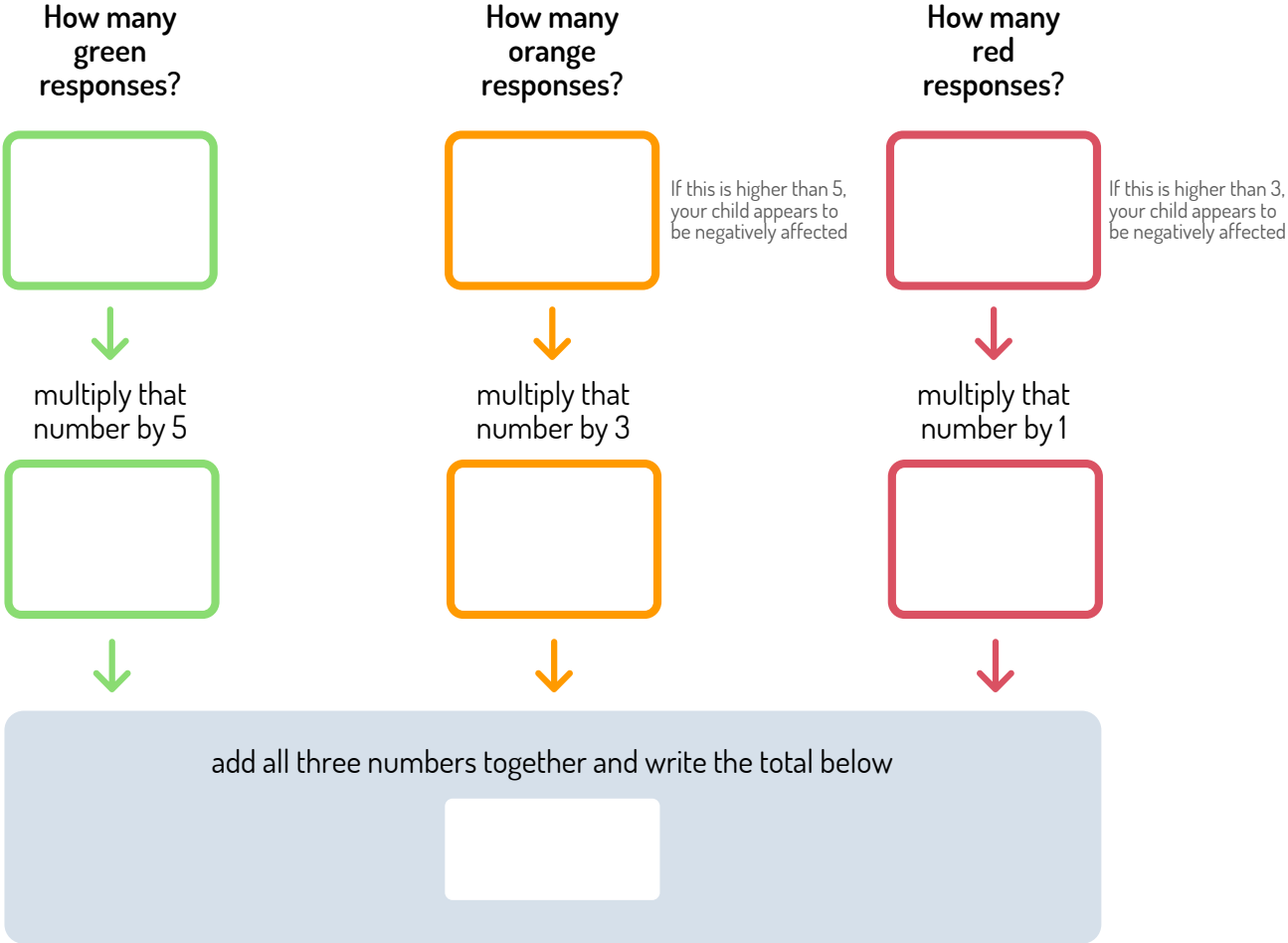


Things are really great



What the results say

1 Start by counting how many responses were provided in the three core colours (green, orange and red):



If this is higher than 5, your child appears to be negatively affected

If this is higher than 3, your child appears to be negatively affected

see what box what score is in:

<p>49 or fewer</p> <p>Likely to be an unhealthy relationship which is having a negative impact on your child</p> <p>↓</p> <div style="background-color: #e61e00; padding: 10px; border-radius: 10px;"><p>Multiple and complex or acute needs</p></div>	<p>Between 50 and 94</p> <p>Likely to be a relationship with needs which might be having a negative impact on your child</p> <p>↓</p> <div style="background-color: #00b050; padding: 10px; border-radius: 10px;"><p>Additional needs or multiple and complex</p></div>	<p>95 or more</p> <p>Likely to be a healthy relationship</p> <p>↓</p> <div style="background-color: #0056b3; padding: 10px; border-radius: 10px;"><p>Universal or universal plus</p></div>
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Stop.

Parental Relationship Quiz

Parents currently in a relationship

2

Now we need to consider what themes have emerged:

List below any orange or red responses:

List orange responses

If there are more than 5 points to add, it is likely that your child is being negatively affected by your relationship

List red responses

If there are more than 3 points to add, your child is likely to be negatively affected by your relationship

Urgent areas

If any red responses with an * icon next to them are ticked, please read below to see what you need to do urgently:

1 If you are experiencing violence from your partner, call the National Domestic Abuse Helpline for free on **0808 2000 247**

2 Bromley and Croydon Women's Aid support victims and survivors, and challenge perpetrators to change their behaviour - simply call **020 8313 9303**

3 If you are being abusive towards your partner, call the Respect Phoneline for perpetrators for free on **0808 8024040**

Do you need to talk to someone?

1 Talk to someone you like
such as a trusted adult, your friends, a teacher or a family member

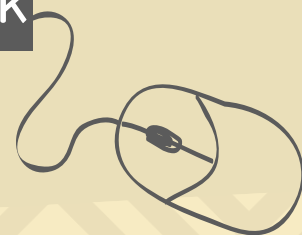
2 Call Family Lives on **0808 800 2222**



Family Lives (previously known as Parentline) offer a confidential and free helpline on all aspects of family life

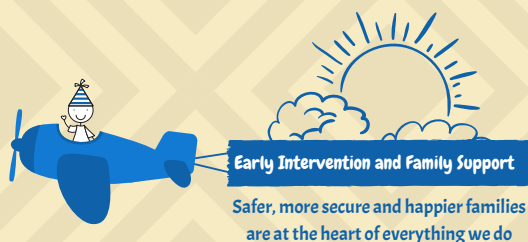
3 Visit Relate - **www.relate.org.uk**

Relate offer a range of services to help you with your couple and family relationships, whether you're young or old, straight or gay, single or in a relationship



4 Call Talk Together Bromley on **0300 003 3000**

A free NHS evidence-based talking therapy service for people aged 18 years and over, who are anxious, stressed, have low mood or suffer from depression.



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