

Personal Health Series Bullying

Quiz Answer Key

- 1. Bullies can attack victims:
 - a. physically
 - b. verbally
 - c. emotionally
 - d. all of the above
- 2. <u>True</u> or false: Spreading rumors is a form of bullying.
- Give an example of verbal bullying: <u>Any one of the following: repeated name calling; passing rumors; sending mean texts or posting mean online messages;</u> <u>gossiping; taunting or teasing</u>
- 4. Name three ways that bullying can affect victims: <u>Any three of the following: grades can go down; stomach pains; diarrhea; eating problems; low self-esteem; stress;</u> <u>depression; anxiety; thoughts of suicide; suicide</u>
- 5. Name two bullying survival tips: <u>Any two of the following: ignore the bully; avoid the bully; don't show your feelings or react; put your anger on hold; don't get physical; talk about it to an adult; find and surround yourself with true friends; be confident</u>
- 6. <u>True</u> or false: Bullying can cause victims to have physical ailments like stomachaches.
- How can technology make bullying worse? <u>Texting, instant messaging, emails, and social media can help spread rumors.</u>
- 8. <u>True</u> or false: Some kids and teens bully people because they want to feel like they have power over people and they want to manipulate them.
- How can a bystander help a bully?
 One of the following: tell an adult about the situation; be friends with the person bullied.

10. Bullying affects <u>millions</u> of students every day.