



Quiz Answer Key

1. Bullies can attack victims:
 - a. physically
 - b. verbally
 - c. emotionally
 - d. sexually
 - e. all of the above
2. True or false: Spreading rumors about someone is a form of bullying.
3. Give an example of verbal bullying:
Any one of the following: repeated name calling; passing rumors; mean texts or online messages; gossiping; taunting or teasing.
4. Name three ways that bullying affects victims:
Any three of the following: grades can go down; stomach pains; diarrhea; eating problems; low self-esteem; stress; depression; anxiety; thoughts of suicide; suicide.
5. Name two ways to deal with bullying:
Any two of the following: ignore the bully; avoid the bully; don't show your feelings or react to the bullying; keep your anger in check; don't get physical; talk about it to an adult; find and surround yourself with true friends; be confident.
6. True or false: Bullying can cause victims to suffer from physical ailments like stomachaches.
7. How can the use of technology make bullying worse?
Texting, instant messaging, emails, and social media can help spread rumors and photos very quickly.
8. True or false: Some kids bully because they want to feel empowered and manipulate people.
9. How can a bystander help a bully?
Any one of the following: Let an adult know about the situation; be friends with the person being bullied; calmly tell the bully to knock it off.
10. Bullying affects millions of students every day.