

## Educator Guide for **Test Your Knowledge** For Elementary School Students

### **Steps to use in the classroom:**.....

- Print copies of the quiz for each student
- Instruct them to read each question and determine the answer
- Allow time for students to complete their answers

**Note:** One of the options is that students can respond to each statement and then have a discussion, or finish all of the statements, and then discuss.

Once students have had time to think through their responses, then talk through each question, options include:

- Presenter read each statement to the class, then share the information provided in the responses, and can add in their own perspective, or
- Students take turns reading each question, providing their reasoning on why they think it's the truth or a myth, or
- Students separate into groups, each takes a statement, discusses their answers, then each group takes a turn presenting to the class.

### **Questions and Answers:**.....

#### **1) How would you define bullying?**

- a. When someone accidentally bumps into you on the playground.
- b. When you and a friend get in a fight.
- c. When someone is being hurt either by words or actions, feels bad because of it, and has a hard time stopping what's happening to them.
- d. Rolling a ball to knock over pins.

**Answer: C** - When someone is being hurt either by words or actions, feels bad because of it, and has a hard time stopping what's happening to them.

Sometimes you and a friend will disagree or fight about something, but that isn't bullying—it's conflict. Sometimes people bump into you by accident, but that isn't bullying. If someone bumps into you on purpose with the goal of hurting you and there is a power imbalance between you (such as social status or physical size), then it is bullying.

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## 2) True or false: **Bullying can only happen in-person or face to face.**

**Answer: False** – Face to face bullying does happen, but bullying happens other ways, too. It can happen without you being aware, through rumors and gossip. It can occur in your neighborhood or while going to school. It also happens online, through the use of technology. Examples include sending mean text messages, posting videos, stories, or photos that make fun of someone, and spreading rumors online.

## 3) **Which is not a type of bullying?**

- a. Physical
- b. Verbal
- c. Conflict
- d. Emotional
- e. Cyber

**Answer: C** – Conflict. Bullying is not the same as conflict. Bullying is meant to cause hurt or harm – it can be physical (such as hitting, shoving, or tripping), verbal (such as name-calling or making fun of someone), emotional (such as leaving someone out on purpose or spreading rumors), or cyber (such as writing unkind or untrue comments online).

Conflict is a natural part of being in a relationship with another person. Whether it's with a good friend or just someone who sits next to you in school, the chances are pretty good that you will not always agree. One friend might want to play video games; the other might want to go outside. Your classmate always wants to be first in line and so do you. Things like that happen every day, but it is not bullying unless there is intent to harm, the person has a hard time defending him- or herself, and it's repeated.

## 4) **Who gets bullied?**

- a. Boys
- b. Shy and quiet kids
- c. Middle school students
- d. Anyone can be bullied

**Answer: D** – Anyone can be bullied. Bullying is about someone's behavior toward another person. That behavior could be directed at the shy, quiet student, or the class tough guy. Girls get bullied, boys get bullied, preschool kids get bullied, middle and high school kids get bullied—there is not one kind of person that gets bullied.

The one sure thing is that no one EVER deserves to be bullied—everyone has a right to be safe.

## 5) **How do you recognize someone who bullies?**

- a. Appearance — it's the tall, tough kids
- b. Popularity — it's the kids with no friends
- c. Behavior — it's using words or actions to hurt or harm
- d. Age — it's the older kids

**Answer: C** – Behavior – words or actions that hurt or harm others is bullying. Think the only one who bullies is the tall, tough kid? They might bully, but it's also an old stereotype, as it can also be the cheerleader, the student council member, or the quiet kid. A lot of times, people think that appearance defines someone who bullies, but you can't tell who bullies just by looking at them. Students who bully can be any size, age, gender, or grade.

So, what defines someone who bullies? It's their BEHAVIOR. It's bullying when someone uses words or actions to hurt or harm someone else and that person has a hard time defending themselves.

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## 6) True or false: If you tell an adult about bullying, it's considered tattling.

**Answer: False.** A lot of kids say that they don't want to tell an adult about bullying because they don't want to be called a tattle-tale. But there's a big difference between "telling" and "tattling."

- Telling: done to protect yourself or another student from getting hurt.
- Tattling: done to get someone in trouble.

It's okay to tell an adult when you see bullying. In fact, it's a really smart thing to do!

## 7) What should you do if you experience bullying?

- a. Ignore it and hope that it stops
- b. Tell an adult
- c. Bully someone else
- d. Tell the person bullying you that they are messing with the wrong person

**Answer: B** – Tell an adult. If you are being bullied, it's important to know that you do not deserve what is happening, and tell an adult so they can help you resolve the situation. Tell your parents, a teacher, or trusted adult. With that adult, develop a plan about how you can respond to the situation, such as deciding how other students or the school might help.

If you do nothing, chances are the kid will keep saying mean things. It's always best to fix the problem as soon as possible. It's hard to ignore a kid who goes to school with you, and the bullying might not stop anyway. If you respond back to the kid with bullying or threats, you can seem like part of the problem and you can get into trouble.

## 8) What should you do if you see bullying happen?

- a. Speak up against bullying
- b. Reach out to the kids being bullied with support
- c. Be a friend to others
- d. All of the above

**Answer: D** – all of the above. If you see someone being bullied, speak up! When students are willing to say they think something is wrong, they can make a difference. Let others know that you don't accept bullying at your school, and they will be more willing to speak up, too. If you see bullying and don't feel comfortable speaking up in the moment, you can tell a grown-up afterwards. Telling is not tattling. It's okay to tell. Adults can help stop the bullying.

You can also reach out to the kid being bullied. Tell the kid who is being bullied that you don't agree with what's happening, that they don't deserve to be treated that way, and ask if they need anything. Getting one nice message among many mean messages can make a huge difference.

## 9) True or false: Some people deserve to be bullied.

**Answer: False.** Although bullying happens to a lot of kids, that never makes it okay, cool, or acceptable. No one EVER deserves to be hurt or harmed. Everyone has the right to feel safe, and deserves to be treated with respect.

## 10) Do you have any questions about bullying? (Open-ended – can share question at end of presentation)