

Educator Guide for **Test Your Knowledge** For Middle and High 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) What is bullying?

- a. Behavior that hurts or harms someone physically or emotionally
- b. An imbalance of power between the person bullying and the target
- c. An inability to make the bullying stop
- d. All of the above

Answer: D – all of the above.

Bullying is different from disagreements or arguments between peers. Bullying involves one person with more power repeatedly using that power to intentionally hurt someone else, and the person being bullied has a hard time making the bullying stop.

A lot of teens describe bullying as, “When someone tries to make you feel less about yourself, and you aren’t able to make it stop.”

2) Which is not a form of bullying?

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

Answer: D – conflict. Conflict is a disagreement or argument in which both sides express their views. In one way or another, conflict is a part of everyday experience. Where there are two people in a relationship, there likely will be disagreements and differences of opinion. One friend might want to go to the mall; the other wants to see a movie. Your classmate wants the highest grade in class and so do you. Things like that happen every day. This is normal, and conflicts typically don't make someone feel unsafe or threatened.

Bullying is negative behavior directed by someone exerting power and control over another person. Bullying can be physical (such as shoving, hitting, and kicking), verbal (such as name-calling and making fun of someone), emotional (such as spreading gossip and rumors, and leaving someone out on purpose), and cyber (hurtful and mean comments posted about someone online or through texting).

3) True or false: Only certain kids get bullied, and it's usually their fault.

Answer: False. Bullying can happen to ANYONE. Bullying is a behavior. 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, and teens get bullied – there is no one characteristic that indicates who gets bullied.

The one sure thing is that no one EVER deserves to be bullied, it is NEVER their fault, and if someone is being bullied, they have a RIGHT to be safe and treated with respect.

4) Why does it matter if we have bullying at school?

- a. It doesn't – it's a normal part of growing up
- b. So students learn which of their peers are in charge and have power
- c. Because it negatively affects everyone
- d. Because some students deserve it

Answer: C – Because it negatively affects everyone.

This year in the United States nearly one of out every five students will be bullied. Those that are bullied are often scared to go to school. That means those students lose the opportunity to learn. It is every student's right to feel safe – and be safe – in school. Students who are bullied may also have lower self-esteem, less self-confidence, increased fear and anxiety, depression, and lower grades. It's not just the targets of bullying who are affected. Bullying negatively affects everyone: the target, the bystander, the teen who picks on others, parents, teachers, and the community. That's why it's important to have bullying prevention in schools.

5) What should you do if you experience bullying?

- a. Do nothing and hope that it goes away
- b. Try to get your friends to gang up on the person bullying to make them scared
- c. Avoid the person who bullies you at school
- d. Speak up for yourself, tell people what you need, and take action

Answer: D - Speak up for yourself, tell people what you need, and take action.

Sometimes people say that bullying is just part of growing up, or that you should just “deal with it” and it will go away. This is NOT true. If you try to ignore the situation, you will likely realize how difficult it is to ignore someone who goes to school with you or is constantly online. Saying something hurtful or provoking back to the person bullying, or involving others, can cause more harm. It can also appear that you are contributing to the problem and actually get into trouble.

If you’re being bullied, become a self-advocate. Being a “self-advocate” means speaking up for yourself, telling people what you need, and taking action. Bullying can be stopped, but you need a plan. In your plan, write down what is happening to you, when and where it takes place, and who is involved. List your role in this action plan, who else should be involved, and what they could do. Share this information with your parents and an adult you trust at school.

If one adult isn’t able to help you, don’t give up! It is your right to talk with another adult, such as a parent, teacher, an administrator, or a person you trust at school. Bullying is painful, but you don’t have to go through it alone! There are people who will help you, and it is your right to be safe.

6) What should you do if you witness bullying?

- a. Ignore it and walk away – it’s none of your business
- b. Tell your friends about the bullying so you can all watch
- c. Join in – you don’t want to be left out
- d. Be supportive to the person being bullied or tell an adult

Answer: D – Be supportive to the person being bullied or tell an adult.

Put yourself in the target’s place: if you were being pushed around, laughed at, gossiped about, made fun of, or ignored on purpose, you’d probably want someone to help you out. If you see someone being bullied, instead of turning your back, help the target to turn his or her back to the bullying by walking to class with them, telling them that they don’t deserve what’s happening to them. Show your support. Kids and teens who are bullied often feel like no one cares—help them feel like they’re not alone.

But if it’s a fight you witness, don’t try to step in the middle. Instead, tell an adult or other authority figure what’s going on so that they can intervene. You can always let your teachers and parents know so they can help out. Bullying is not just about physical fight—words have the power to injure, too, both online in and person. Teachers are there to help you out and parents care about what happens to you. Make sure to do something that will help stop the bullying and make the person being bullied feel better, as long as it will not put you in an uncomfortable or unsafe situation.

7) What is not helpful to say to a peer experiencing bullying?

- a. You don’t deserve to be bullied – no one does
- b. I don’t agree with what’s happening to you
- c. Did you do anything that brought the bullying on?
- d. How can I help make you feel safer?

Answer: C – Did you do anything that brought the bullying on?

Someone who is bullied has been hurt and harmed in some way or another. Chances are they feel sad, worried, and down. You don’t want to say anything to them that makes them feel like it is their fault for being bullied,

that they deserved it, or brought it on themselves.

Instead, tell them that they do not deserve what's happening to them, and no one deserves to be treated unfairly. Let them know that you don't agree with what's happening to them and ask if they need anything – someone to walk with to class or to the bus, someone to sit with at lunch, or just a friend. Consider how simple it is to tell someone that you care, that they matter, and that they are not alone. It can take someone from feeling hopeless to feeling valued and respected.

8) What should you do if you see your friend cyberbullying others?

- a. Ignore your friend's hurtful comments; they'll probably stop on their own
- b. Your friend is important to you, so "like" the cyberbullying comments
- c. Send a private message to your friend saying it's not okay to be mean and hurtful to others
- d. Send the person being cyberbullied a message of solidarity and let them know you don't agree with what's happening
- e. Either C or D would be helpful actions to take.

Answer: E. It can be hard to stand up to a friend's negative behavior, especially if it's you against a group. It can be tempting to want to fit in by liking and forwarding their hurtful comments. However, by supporting hurtful online content, you allow it to continue, and you become part of the problem.

If you stand up to your friend and tell them what they are doing is not cool, you send the message that you're not okay with what's happening, and your friend's behavior might change. If your "friend" says anything unkind to you after standing up to them, then you might want to think through if that person is a true friend or someone who will make a positive impact in your life.

Whether or not you stand up to your friend, sending the person being bullied a supportive message will probably make them feel better knowing that someone cares. Receiving one nice message among many mean messages can make a huge difference. Another option is to anonymously report the hurtful content to the site where it occurred. The social media provider will then determine if the content should be removed and what consequences there will be for the person posting the hurtful content.

9) True or false: Peer pressure impacts bullying behavior.

Answer: True. Peer pressure occurs when an individual or peer group encourages others to change their attitudes, values, or behaviors to conform to those of the influencing individual or group. Peer pressure can impact bullying behavior both in positive and negative ways. For example, the influence can have negative effects if a peer group's bullying behavior encourages others to laugh at someone.

Peer pressure can also be positive and healthy. For example, when the peer group encourages kind and inclusive behavior, such as inviting others to join them at the lunch table or letting someone know that they care what is happening to them. The action of peers encouraging each other to reach out to those who are struggling can have a positive impact on the group, and inspire other individuals who want to speak out against bullying.

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