

## Test Your Knowledge

For Middle and High School Students

### 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

### 2) Which is not a form of bullying?

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

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

### 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

### 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

### 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

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**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?

**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.

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

**10) Do you have any questions about bullying?**

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