

# Handout I: Anti-Bullying Quiz

BULLYING QUIZ ADAPTED FROM WWW.SAFEYOUTH.ORG

(Answer True or False)

1. Nearly one-third of American teens are involved in bullying.  
(True) (False)
2. Less than 10% of American teens admit to bullying others.  
(True) (False)
3. Students who are bullied in school are usually attentive students with good attendance.  
(True) (False)
4. Most students who bully are insecure.  
(True) (False)
5. Contrary to stereotypes, male bullies are not usually bigger and physically stronger than their peers  
(True) (False)
6. Students who witness bullying often refuse to remain friends with the victim and feel guilty for not reporting the incident.  
(True) (False)
7. Bullies have trouble making friends.  
(True) (False)
8. Bullies do poorly in school compared to others who do not bully.  
(True) (False)
9. Most bullies discontinue violent or aggressive behavior in adulthood.  
(True) (False)
10. If you are being bullied it's best to handle it alone.  
(True) (False)

# Answer Key to Handout I: Anti-Bullying Quiz

Bullying Quiz adapted from [www.safeyouth.org](http://www.safeyouth.org)

Key:

1. True: In a recent survey, 13% admit to bullying, 11% admit to being bullied, and 6% have been bullied and also bully others.
2. False: See above
3. False: Students targeted by bullies sometimes avoid school or have trouble concentrating. They can also develop personality disorders like depression and anxiety.
4. False: Studies show that most bullies have confidence and high self-esteem.
5. False: Male bullies are usually bigger and stronger than their victims.
6. True: Witnessing an act of bullying has negative consequences even if you are not directly involved.
7. False: Bullies seem to make friends easily, particularly with other students who are aggressive and may join them in bullying.
8. True: The problem behaviors associated with bullying include impulsiveness, disliking school and getting in trouble often.
9. False: 60% of bullies have at least one criminal conviction because the behavior carries over into adulthood.
10. False: Putting an end to bullying requires a commitment from everyone in a school, including teachers, custodians, students, administrators, cafeteria workers and crossing guards. You should seek adult intervention and try to stay among friends if you are being bullied.

# Handout II: Anti-Bullying Reflection Questions

Use as discussion prompts, for the whole class or small groups. Develop action steps, based on question No. 9, as a conclusion to the lesson.

1. Do you think bullying is a serious problem in your school or community? Why or why not?
2. How do you think bullies feel when they demean someone else?
3. Do you think it's possible to make a bully understand other people's feelings? Why or why not?
4. How do adults in your school or community address bullying? Have you seen adults look the other way? What kind of interventions have you seen adults use to prevent or stop bullying?
5. What kind of interventions can young people use to prevent or stop bullying? List three things you could do to defuse a bullying situation.
6. Do you think you've ever bullied someone? If so, what made you stop? What made you want to bully someone again?
7. Did any of the facts in the quiz concern you personally? Which ones?
8. After taking the quiz, are there behaviors or experiences you have had that you want to change? Describe your feelings, what you might want to change, and how you could go about making that change.

**DIG DEEPER:**

Use these anti-bullying sites to help you evaluate bullying at your school and plan anti-bullying programs:

[www.onthenet.com.au/~townsend/anti-bullying.htm](http://www.onthenet.com.au/~townsend/anti-bullying.htm)

[www.creatingcaringcommunities.org](http://www.creatingcaringcommunities.org)