

# BULLYING QUIZ



Can you tell which of the following statements about bullying are TRUE and which are FALSE? Then turn over the page to see how many you got right!

1. Hurting someone's feelings by always leaving them out of activities is bullying.

- True
- False

2. Most bullying happens when other students are not around.

- True
- False

3. Most students don't like it when they see someone being bullied.

- True
- False

4. Bullying does not cause any serious harm.

- True
- False

5. Being bullied can make it harder to do well in school.

- True
- False

6. Cyberbullying is the most common form of bullying.

- True
- False

7. If you're being bullied, a good way to make the bullying stop is to tell an adult you trust.

- True
- False

8. If you're being bullied, a good way to make the bullying stop is to fight the person who is bullying you.

- True
- False

9. Standing up for someone who is being bullied doesn't make the bullying stop.

- True
- False

10. The best way you can help someone who is being bullied is to be their friend.

- True
- False

# BULLYING QUIZ ANSWERS



**1. True.**

This is called social bullying. Other examples of social bullying include gossiping, spreading rumours or setting someone up to look foolish to other people.

**2. False.**

Research in Canadian elementary schools has found that other students are present 85-88% of the time when bullying happens.

**3. True.**

A Canadian study found that 83% of students said seeing someone being bullied made them feel uncomfortable.

**4. False.**

Being bullied can cause headaches, stomach aches, low self-esteem, anxiety and depression. Students who bully others often get into trouble and have a hard time making close friends.

**5. True.**

When students are bullied, they have more trouble remembering and learning, they miss school more often and they like school less.

**6. False.**

Cyberbullying is using electronic devices like phones or computers to bully someone. Although cyberbullying can be a big problem, it does not happen as often as face-to-face bullying. In one recent Canadian study, verbal bullying happened four times more often than cyberbullying.

**7. True.**

Students who report bullying to an adult they trust, like a teacher or a parent, are the most likely to report later that the bullying has stopped.

**8. False.**

Fighting back often makes the bullying worse. Sometimes students who do this get blamed for the fight, and end up getting in trouble.

**9. False.**

If another student stands up for a student who is being bullied, the bullying will stop within 10 seconds, more than half the time.

**10. True.**

Students who have even one friend are less likely to be bullied.

**How many did you get right?** \_\_\_\_\_

**When you Stand UP! to bullying, you are helping to make your community a better and safer place.**

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