

Pop Quiz — Bullying Defined

A chance to check what you've learned about the dynamics of bullying.

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What is bullying?

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- The behavior hurts or harms someone physically or emotionally
- There's an imbalance of power between the person bullying and the target
- The target struggles to make the bullying stop
- All of the above

“

What is bullying?

”

Answer: All of the above

Bullying definitions typically include:

- The person is being hurt, harmed, or humiliated with words or behavior
- The behavior is repeated or there is a concern that it will be repeated
- The behavior is being done intentionally
- The person being hurt has a hard time stopping or preventing the behavior
- The hurtful behavior is carried out by those who have more power, such as being older, being physically bigger or stronger, having more

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Is bullying same as conflict?

”

- Yes
- No

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Is bullying same as conflict?

”

Answer: No

Bullying is different from conflict. While both may be hurtful, conflict is a natural part of life as we will not always agree. It becomes bullying when one person tries to exert power and control over the other person.

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When asked if they experienced bullying, what percentage of students indicated, “yes.”

”

- 1 in 2
- 1 in 3
- 1 in 5
- 1 in 10

“

When asked if they experienced bullying, what percentage of students indicated, “yes.”

”

Answer: 1 in 5

Research by National Center for Educational Statistics shows that in the United States, more than one of every five students report being bullied.

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Can students have more than one role in a bullying situation?

”

- Yes
- No

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Can students have more than one role in a bullying situation?

”

Answer: Yes

It's often the case that being bullied, doing the bullying, or witnessing bullying are not distinct categories! It's more common that kids play multiple roles throughout the day.

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Students who bully come in all shapes and sizes?

”

- Yes
- No

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Students who bully come in all shapes and sizes?

”

Answer: Yes

It's not like the movies, where the person bullying is a big, tough-looking kid who wears all black and grunts a lot. There is no stereotype, it can be the athletic girls and the studious boys. The person bullying can be popular, unpopular, tall, short, rich, poor, or anything else. The only way to recognize someone who bullies is by how they act, not by how they look.

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If you ignore bullying, will it just go away?

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- Yes
- No

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If you ignore bullying, will it just go away?

”

Answer: No

In most situations, silence doesn't help. If ignoring made it go away, then those getting bullied could make it stop by just walking away, not engaging. Boom, problem solved. Of course this isn't reality, and it's so important to tell an adult about bullying, whether you're being bullied or you witness it.

Pop Quiz — Advocacy for Self

A chance to check what you've learned about how to respond to bullying situations.

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Are there laws and policies to prevent bullying between youth?

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- Yes
- No

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Are there laws and policies to prevent bullying between youth?

”

Answer: Yes

Students in every state have rights in a bullying situation. However, every state addresses bullying differently. Some states have specific laws, while others have policy or legislation that outlines student rights in a bullying situation.

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Does cyberbullying happen only through social media?

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- Yes
- No

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Does cyberbullying happen only through social media?

”

Answer: No

Cyberbullying can happen anytime through technology; such as within games, texting, chats, and email.

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Which action is not helpful?

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- Being there for someone being bullied
- Reporting the behavior
- Saying that bullying is no big deal
- Helping someone get away from the situation

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Which action is not helpful?

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Answer: Saying that bullying is no big deal.

Bullying can have SHORT TERM and life-long implications for both the target and the person bullying. It can leave deep emotional and physical scars, interfere with educational achievement, and reduce self-esteem and confidence. Students who bully are more likely to commit crimes later in life. Bullying isn't just teasing, or just kids being kids. It's a social problem that requires a community response.