

Quiz How Much Do you Know about Bullying?

Take this quiz and learn the facts:

1. T or F ~ Bullying is a normal part of being a kid. Students who get bullied eventually grow up and forget about it.

False! Being a victim of bullies is physically and emotionally stressful, as well as socially isolating. Victims of bullies are more likely to have problems when they become adults, including physical illness, problems at work or in college, and lasting mental health issues.

2. T or F ~ Bullying more often involves words rather than physical actions.

True. Bullying can occur in many forms, including physical, emotional, or sex-related actions, but studies have shown that verbal bullying, such as name-calling, is the most common form.

3. T or F ~ Bullying most often takes place at school.

True. The most likely place for students to bully others is at or near their school. This is especially true at locations where there is little or no supervision by adults, such as hallways, playgrounds, locker areas and the cafeteria. Bullying also happens often in classrooms before the lesson period begins.

4. T or F ~ The bully will eventually "grow out of it," so we don't need to worry about a child who bullies.

False! Many studies have established that children who bully others have a much greater potential for criminal activity and legal troubles as adults.

5. T or F ~ Almost all bullies are boys.

False! Girls bully as much as boys, although they tend to do it in different ways. Boys are more likely to use physical aggression, while girls more often use emotional and verbal bullying tactics.

6. T or F ~ Bullying takes place mostly in high school. Older and more confident students are more likely to bully others.

False! Bullying is as prevalent in elementary and middle schools as it is during high school. Some studies indicate that the prevalence of bullying peaks in middle school.

7. T or F ~ Bullies have poor self-esteem, are insecure, and tend to be loners.

False! Bullies are often the "popular" kids, especially in early school years. They have followers and friends. Studies also show that bullies often have better self-esteem and more self-confidence than other students.

8. T or F ~ Bullies do it because they are provoked somehow by the other student. Passive students don't get bullied.

False! Studies show that the vast majority of victims, 85 to 90 percent, have done absolutely nothing to provoke the bullying. Many victims are so passive they do not even report the bullying incidents.

9. T or F ~ Bullies mostly harass their victims when no one else is around.

False! Most bullying events occur when other students and bystanders are watching. However, parents, teachers and other adults rarely are present to see the bullies when they are bullying their victims.

10. T or F ~ Bullies more often target students who have physical differences.

False! Bullies are no more likely to target children who have physical differences than those who don't. Rather, bullies tend to select victims who show signs of psychological weakness. Students who withdraw socially and exhibit poor self-concept, anxiety and fearfulness are the most vulnerable to bullying attacks.

11. T or F ~ The best way to get a bully to leave you alone is to fight back.

False! Fighting back gives the bully what they want, which is to provoke others into becoming unnerved and acting badly. This can cause the bullying event to escalate, leading to increased aggressiveness and the possibility of injury or other serious consequences.

12. T or F ~ You are more likely to be bullied when hanging out with your peers, because there are more people around for the bullies to attack.

False! While bullies like having an "audience," they will most often pick on students who are alone in the crowd. There's safety in numbers. Groups of friends having a good time are not appealing targets for bullies.

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