



## ANTI-BULLYING BASICS

# Bullied in Cyberspace

What is cyberbullying? How is cyberbullying different from other forms of bullying? What are some strategies for dealing with cyberbullies? Read *Bullied in Cyberspace* to find out!

### What did you learn?

#### QUESTIONS

1. Bullying is ...
  - a. Single occurrences of rejection, nastiness, or spite
  - b. Unwanted, deliberately hurtful behavior that is repeated over a period of time
  - c. Random acts of aggression
  - d. One-time arguments or disagreements
2. The most common form of cyberbullying is ...
  - a. Mean and hurtful comments
  - b. Online rumors
  - c. Posting embarrassing pictures taken of a target
  - d. Making false accusations against a target
3. Cyberbullying is not known to cause ...
  - a. Stomach upsets
  - b. Headaches
  - c. Sleep disorders
  - d. Happiness
4. If you are dealing with cyberbullying you should ...
  - a. Do nothing
  - b. Stay silent
  - c. Tell a trusted adult
  - d. Cyberbully others
5. What does the word *desensitized* mean?
6. What does the word *exclusion* mean?

#### TRUE OR FALSE?

- |  |  |
|--|--|
| _____ 1. Cyberbullying involves using technology, such as cell phones and the Internet, to bully others. | _____ 4. Impersonation is a common practice of bullies to damage the target's reputation.                        |
| _____ 2. Cyberbullies always have to confront the person they hurt.                                      | _____ 5. Teenagers are the only group affected by cyberbullying.   |
| _____ 3. Passive bullying is bullying by not doing things.   | _____ 6. If you're being bullied by phone, you can contact your phone provider about changing your phone number. |



## ANSWERS

- 1. b. Unwanted, deliberately hurtful behavior that is repeated over a period of time.** According to section “What Is Bullying?” on page 4, we know that “Bullying is unwanted, deliberately hurtful behavior that is repeated over a period of time.” So, the correct answer is B.
- 2. a. Mean or hurtful comments.** According to section “Mean Talk” on page 16, we know that “According to a Cyberbullying Research Center survey of a group of 10- to 18-year-olds in the southern United States, the most common forms of cyberbullying are mean or hurtful comments (making up 13.7 percent of the abuse) and online rumors (at 12.9 percent).” So, the correct answer is A.
- 3. d. Happiness.** According to section “Effects of Cyberbullying” on page 34, we know that “The stress of being bullied can cause physical symptoms such as headaches, stomach upsets, sleep disorders, and panic attacks.” So, the correct answer is D.
- 4. c. Tell a trusted adult.** According to section “Sources for Help” on page 40, we know that “But telling someone will help you feel better and deal with the problem ... Talk to a trusted adult—a teacher or a counselor, for example.” So, the correct answer is D.
- 5.** According to page 46, desensitized means “having become accustomed to hurtful behavior.”
- 6.** According to page 46, exclusion means “deliberately left out.”

## TRUE OR FALSE? ANSWERS

- 1. True.** According to section “What Is Bullying in Cyberspace?” on page 6, we know that “Bullying in cyberspace, or *cyberbullying*, uses such communications technologies as cell phones and the Internet to bully others.” So, the correct answer is True.
- 2. False.** According to section “Cyberbullying Is Different” on page 8, we know that “One big difference is that, unlike real-world bullies, cyberbullies don’t necessarily have to confront the person they hurt.” So, the correct answer is False.
- 3. True.** According to section “Left Out” on page 22, we know that “Passive bullying is bullying by not doing things.” So, the correct answer is True.
- 4. True.** According to section “Left Out” on page 24, we know that “Pretending to be the person you’re bullying might sound like a strange thing to do, but it’s quite common. The bully impersonates (pretends to be) a target in order to do things that damage the target’s reputation.” So, the correct answer is True.
- 5. False.** According to section “Who is Bullied?” on page 30, we know that “Anyone can be a target of cyberbullying—it affects boys and girls of most ages, and even adults.” So, the correct answer is False.
- 6. True.** According to section “Putting a Stop to It” on page 36, we know that “If you’re being bullied by phone, contact your phone provider about changing your phone number.” So, the correct answer is True.