



ANTI-BULLYING BASICS

Bullied by Girls

What is bullying? Why do girls bully? What sort of girls bully? Read *Bullied by Girls* to find out!

What did you learn?

QUESTIONS

1. Mean girls can use social aggression to damage another person's ...
 - a. Appearance
 - b. Friendships
 - c. Grades
 - d. Family
2. An example of indirect aggression is ...
 - a. Kicking
 - b. Punching
 - c. Name-calling
 - d. Spreading rumors
3. Targets of bullying may suffer from ...
 - a. Increased grades
 - b. Higher self-esteem
 - c. Depression
 - d. Increased happiness
4. If you are being bullied at school, you should ...
 - a. Tell a trusted adult
 - b. Fight the bully
 - c. Bully the bully
 - d. Make up rumors about the bully
5. What is an eating disorder?
6. What is the feeling of isolation?

TRUE OR FALSE?

- _____ 1. A mean girl aims to harm her target in some way, whether physically or emotionally.
- _____ 2. Girls are usually more physical than boys when they bully.
- _____ 3. People who stand by and watch bullying are called bystanders.
- _____ 4. It is impossible to be bullied by a member of your family.
- _____ 5. One study showed that 60 percent of students with disabilities stated they had been bullied.
- _____ 6. Mean girls are only in some schools.

ANSWERS

- 1. b. Friendships.** According to section “How Do Mean Girls Bully?” on page 10, we know that “Mean girls use social aggression to damage another person’s self-esteem, friendships, or status (standing within the group).” So, the correct answer is B.
- 2. d. Spreading rumors.** According to section “Spreading Gossip and Rumors?” on page 16, we know that “Mean girls like to use indirect aggression (as opposed to direct aggression — such as kicking, punching, or name-calling) because they are less likely to be caught or blamed for it.” So, the correct answer is D.
- 3. c. Depression.** According to section “How Mean Girls Can Affect Your Life” on page 26, we know that “Mean girls can do serious and lasting harm. Their targets may suffer from unhappiness, depression, or much worse physiological problems.” So, the correct answer is C.
- 4. a. Tell a trusted adult.** According to section “How Do I Stop Them?” on page 34, we know that “If you are being bullied at school, tell an adult at your school, such as a teacher or counselor, who can take steps to stop the bullying.” So, the correct answer is A.
- According to page 46, an eating disorder is “an illness related to ideas and behaviors about food and body image.”
- According to page 46, isolation is “feeling apart from or unlike other people.”

TRUE OR FALSE? ANSWERS

- 1. True.** According to section “Mean Girls Who Bully” on page 6, we know that “A mean girl aims to harm her target in some way, whether physically or emotionally.” So, the correct answer is True.
- 2. False.** According to section “How Do Mean Girls Bully?” on page 10, we know that “When boys bully, it is often physical; girls who bully are sometimes more quiet and secretive.” So, the correct answer is False.
- 3. True.** According to section “Bystanders” on page 24, we know that “People who stand by and watch bullying are called bystanders.” So, the correct answer is True.
- 4. False.** According to section “Sisters” on page 28, we know that “People can be bullied by members of their family — their siblings (brothers and sisters).” So, the correct answer is False.
- 5. True.** According to section “Mean Girls and Students with Disabilities” on page 30, we know that “Nevertheless, one study showed that 60 percent of students with disabilities stated they had been bullied, compared with about 30 percent of nondisabled students.” So, the correct answer is True.
- 6. False.** According to section “The Role of the School” on page 40, we know that “There are mean girls at every school.” So, the correct answer is False.