



ANTI-BULLYING BASICS

Bullied to Belong

Why do some people become bullies?
What is the difference between teasing and bullying?
What are some strategies for dealing with bullies?
Read *Bullied to Belong* 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. Bullying by cell phone is called ...
 - a. E-bullying
 - b. Quick bullying
 - c. Text bullying
 - d. Cyberbullying
3. If you are being pressured to do things you don't want to do, you should ...
 - a. Tell an adult
 - b. Stay silent
 - c. Do nothing
 - d. Pressure others
4. The best friendships are not built on ...
 - a. Common interests
 - b. Common beliefs
 - c. Popularity
 - d. Proximity
5. What is *indirect aggression*?
6. What is *social status*?

TRUE OR FALSE?

- | | |
|--|--|
| _____ 1. Many bullies lack self-esteem. | _____ 4. Taking no action takes away the power of the bully. |
| _____ 2. Boys are more likely than girls to be involved in spreading nasty gossip. | _____ 5. The target of bullying is at fault for the behavior of the bully. |
| _____ 3. Bullying often affects school attendance. | _____ 6. Bullying can lead to feelings of isolation. |

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. d. Cyberbullying.** According to section "Stealth Bullying" on page 9, we know that "Bullying by cell phone is called cyberbullying." So, the correct answer is D.
- 3. a. Tell an adult.** According to section "Real Friends?" on page 24, we know that "If you are being pressured to do these things when you know you don't want to, you need to make a change. Tell an adult, such as a school counselor, what is happening, and tell your friends that you aren't happy joining them when they're doing things you are uncomfortable with." So, the correct answer is A.
- 4. c. Popularity.** According to section "A Friend in Need" on page 36, we know that "The best friendships are those built on common interests and belief, not just popularity." So, the correct answer is C.
- 5.** According to page 46, *indirect aggression* is a kind of "sneaky aggressive behavior; it could involve such actions as spreading rumors or blaming a target for something he or she did not do."
- 6.** According to page 46, *social status* is "how popular a person is, usually defined by the people around them."

TRUE OR FALSE? ANSWERS

- 1. True.** According to section "Bully, Bullied, or Both?" on page 6, we know that "Many bullies lack self-esteem, and they somehow feel 'bigger' for picking on others." So, the correct answer is True.
- 2. False.** According to section "Gossip Girls" on page 12, we know that "Girls are more likely than boys to be involved in the spreading of nasty gossip and untrue rumors or excluding people." So, the correct answer is False.
- 3. True.** According to section "The Accidental Bully" on page 21, we know that "Bullying often affects school attendance." So, the correct answer is True.
- 4. False.** According to section "Don't Be a Bystander" on page 28, we know that "Taking no action gives a bully even more power." So, the correct answer is False.
- 5. False.** According to section "Is It My Fault?" on page 30, we know that "The target of bullying may end up feeling that it was his or her fault, wondering, 'Was I asking for it?' That's simply not the case." So, the correct answer is False.
- 6. True.** According to section "Feeling Desperate" on page 40, we know that "At its worst, bullying can lead to feelings of worthlessness, isolation (feeling cut off and alone in the world), depression, or most worryingly, self-harm or suicide." So, the correct answer is True.