

What is bullying?

Answer the following questions by selecting TRUE or FALSE. When you have finished a list of answers is provided over the page.

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|--|------|-------|
| 1 Bullying is just teasing. | TRUE | FALSE |
| 2 Some people deserve to be bullied. | TRUE | FALSE |
| 3 Only boys are bullies. | TRUE | FALSE |
| 4 People who complain about bullies are babies. | TRUE | FALSE |
| 5 Bullying is a normal part of growing up. | TRUE | FALSE |
| 6 Bullies will go away if you ignore them. | TRUE | FALSE |
| 7 All bullies have low self-esteem. That's why they pick on other people. | TRUE | FALSE |
| 8 It's 'dobbing' to tell an adult when you're being bullied. | TRUE | FALSE |
| 9 The best way to deal with a bully is by fighting back or trying to get even later. | TRUE | FALSE |
| 10 People who are bullied might hurt for a while, but they'll get over it. | TRUE | FALSE |



What is bullying?

1 Bullying is just teasing. FALSE

Bullying is much more than teasing. While many bullies tease, others use violence, intimidation and other tactics. Sometimes teasing can be fun, but bullying *always* hurts.

2 Some people deserve to be bullied. FALSE

No one ever deserves to be bullied. No one 'asks for it'. Most bullies tease people who are 'different' in some way. Being different is not a reason to be bullied.

3 Only boys are bullies FALSE

While many bullies are boys, girls are often bullies too. They just use less obvious methods to hurt others.

4 People who complain about bullies are babies. FALSE

People who complain about bullies are standing up for their right not to be bullied. They're more grown up than the bullies are.

5 Bullying is a normal part of growing up. FALSE

Getting teased, picked on, pushed around, threatened, harassed, insulted, hurt and abused is *not* normal. If you think it's normal, you're less likely to say or do anything about it, which gives bullies the green light to keep bullying.

6 Bullies will go away if you ignore them. TRUE and FALSE

Some bullies might go away. But others will get angry and keep bullying until they get a reaction. That's what they want.

7 All bullies have low self-esteem. That's why they pick on other people. FALSE

Some bullies have high self-esteem. They feel good about themselves and picking on other people makes them feel even better. Most of the time bullying isn't about high or low self-esteem. It's about having power over other people.

8 It's 'dobbing' to tell an adult when you're being bullied. FALSE

'Dobbing' (or 'telling tales') is an inappropriate word. It's smart to tell an adult who can help you do something about the bullying. It's also smart to tell an adult if you see someone else being bullied.

9 The best way to deal with a bully is by fighting them or trying to get even later. FALSE

If you fight with a bully, you might get hurt (and hurt someone else). Plus you might get into trouble for fighting. If you try to get even, you're acting the same as the bully. And the bully might come after you again to get even with you. Either way it only makes things worse.

10 People who are bullied might hurt for a while, but they'll get over it. FALSE

Bullying hurts for a long time. Some kids drop out of school because of bullying. Some become very sad. Many adults still remember, with pain, times when they were bullied. People don't 'get over' being bullied.