

Name _____



Know The Signs

Directions: Read each question carefully. Choose the best answer (A-D) that shows your understanding of bullying, safe reporting, and how to respond in positive, respectful ways.

- Which of the following is the best definition of bullying?
 - When two friends argue once in a while.
 - When someone repeatedly tries to hurt, control, or embarrass another person.
 - When people disagree about a group project.
 - When someone makes a single rude comment.
- What makes bullying different from normal conflict?
 - It only happens online.
 - It involves a pattern of behavior and power imbalance.
 - It always happens between strangers.
 - It never affects emotions.
- What is an example of **cyberbullying**?
 - Sharing a classmate's private photo without permission.
 - Sending a kind message to a friend.
 - Asking a teacher for help online.
 - Creating a group for homework help.
- If you see bullying happening, what is the **best** first step to take?
 - Laugh along so you fit in.
 - Ignore it completely.
 - Calmly tell the bully to stop if it is safe to do so, or get adult help.
 - Record the bullying and post it online.
- Why do some people stay silent when they see bullying?
 - They think it's not their problem.
 - They are afraid of becoming a target.
 - They don't know what to do.
 - All of the above.

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6. Which of these actions is **not** a safe or positive way to help someone being bullied?
 - A. Telling a counselor, teacher, or trusted adult.
 - B. Comforting the victim afterward.
 - C. Sending mean messages to the bully.
 - D. Refusing to join in.
7. What is one effect bullying can have on a school environment?
 - A. It helps students become closer.
 - B. It creates fear, stress, and a negative atmosphere.
 - C. It makes school more exciting.
 - D. It improves academic motivation.
8. What should you do if you are being bullied online?
 - A. Keep it a secret.
 - B. Delete your account and never tell anyone.
 - C. Reply with an angry message.
 - D. Block the person, save the evidence, and report it to an adult.
9. What does it mean to be an **upstander**?
 - A. A person who joins in bullying.
 - B. A person who watches but does nothing.
 - C. A person who speaks up or takes action to stop bullying.
 - D. A person who spreads rumors.
10. Why is reporting bullying an important action?
 - A. It helps stop the cycle and protects others.
 - B. It makes you a "snitch."
 - C. It always causes more drama.
 - D. It shows that you can handle everything alone.

