

bullying

Learning Objective: Each student will learn how identify bullying and what to do when it happens.

Quiz Reflection:

Video Reflection:

Podcast Reflection:

Goals:

1.
What? _____
Why? _____
How? _____

2.
What? _____
Why? _____
How? _____

3.
What? _____
Why? _____
How? _____

Make sure your goals are:

- 1. Obvious
- 2. Attractive
- 3. Easy
- 4. Satisfying

Final Thoughts:



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Not signed up?
See your instructor for the opt-in code.

bullying quiz

This quiz is for your personal awareness. Your answers will be kept completely anonymous.

1. What is a bully?

- a. Someone who does not talk to you.
- b. Someone who won't help you in class.
- c. Someone who uses their power, social status, or control to hurt others emotionally or physically.

2. Who is at risk for being bullied?

- a. Students
- b. Teachers
- c. Everyone

3. What do you do if you are being bullied?

- a. Tell a teacher.
- b. Tell the principal.
- c. Tell a trusted adult
- d. All of the above.

4. What should you do if you see someone being bullied in school?

- a. Record it on your phone
- b. Defend the bully.
- c. Ignore it and keep walking
- d. Tell a teacher or staff member immediately.

5. Bullying can effect a person's health.

- a. True
- b. False

6. Bullying can lead to things like depression, anxiety, stress and low self-esteem.

- a. True
- b. False

7. Bullies are always bigger or older.

- a. True
- b. False

8. Bullies are always a specific gender.

- a. True
- b. False

9. Which of the following is a form of bullying?

- a. Posting mean things about someone else online.
- b. Physically harming someone or damaging thier possessions?
- c. Making fun of someone by mimicing them, calling names, taunting and teasing, or making rude or inappropriate comments about someone's appearance.
- d. Knowingly spreading rumors of false information about someone.
- e. All of the above.

10. Which of the following can be a warning sign that someone is being bullied.

- a. Acting differently and Difficulty concentrating
- b. Decline in performance
- c. More emotional, irritable, and/or easily upset than usual
- d. Not doing things they usually enjoy
- e. Avoiding certain situations
- f. All of the Above

Want to learn more about bullying or find resources to help someone you know?

Visit: schoolpulse.org/resources



quiz results

Use your quiz answers to add up your points

1. Correct Answer: C.
2. Correct Answer: C.
3. Correct Answer: D.
4. Correct Answer: D.
5. Correct Answer: A.
6. Correct Answer: A.
7. Correct Answer: B.
8. Correct Answer: B.
9. Correct Answer: E.
10. Correct Answer: F.

Total Correct Answers: _____

confidentiality agreement

This class should be a safe place for participants. Participants are expected to keep anything said during this class by other class members confidential. This is not meant to encourage secret-keeping, but rather to protect everyone's privacy and ensure that this class is a safe place to share feelings. Class members are expected to treat one another with respect.

Confidentiality within this class is based on mutual trust. Legal exceptions to confidentiality include a clear or present danger to harm yourself or another, knowledge or suspicion of the abuse or neglect of a minor or incapacitated adult, or any other information legally required to be reported to social services or court of law.

I _____, agree to not disclose to anyone outside this class any information that may help to identify another class member. This includes, but is not limited to, names, physical descriptions, biological information, and other specifics about interactions with other group members.

Student Signature

Date