

TeachME Professional Development

Reducing Bullying Behaviors in the School Environment

1. If a group of students makes fun of another student's accent or speech pattern, this is an example of:

- A. Physical bullying
 - B. Verbal bullying
 - C. Relational bullying
 - D. Prejudicial bullying
-

2. What is a key feature that differentiates bullying from other forms of conflict?

- A. The conflict occurs due to unwanted advice being given
 - B. The conflict is based on a difference of opinion
 - C. There is an imbalance of power between the individuals involved
 - D. The conflict is based on personality differences
-

3. Which of the following behaviors is commonly observed in students who bully others?

- A. Participation in violent and risky behaviors
 - B. They are often reluctant to join others
 - C. Improved interpersonal relationships
 - D. They generally belong to an underrepresented group
-

4. Which of the following scenarios describes relational bullying?

- A. A student repeatedly calls another student names in front of the class.
 - B. A group of students spreads a false rumor to damage another student's reputation.
 - C. A student sends threatening messages via social media.
 - D. A student pushes another student in the hallway while others encourage the behavior
-

5. Which strategy is NOT part of creating a supportive school culture?

- A. Enforcing zero tolerance for all school rules
 - B. Developing strong anti-bullying policies
 - C. Building resilience for all students
 - D. Engaging with students and families on mental health topics
-

6. A school implements a program where students are encouraged to speak up if they see bullying and are given strategies for safe intervention. Which strategy are they using?

- A. Social Emotional Learning (SEL)
 - B. Positive Behavioral Interventions and Supports (PBIS)
 - C. Restorative Justice Practices
 - D. Bystander Intervention Training
-

7. What distinguishes verbal bullying from other types?

- A. It involves physical aggression
 - B. It focuses on manipulating social relationships
 - C. It includes name-calling and making threats
 - D. It occurs online through digital platforms
-

8. What is one benefit of incorporating Social Emotional Learning (SEL) into the curriculum?

- A. It increases academic competition and gives students more time to study
 - B. It helps students build resilience and manage their emotions
 - C. It reduces the need for mental health and community resources
 - D. It limits student interaction with peers and trusted adults
-

9. How can physical bullying manifest besides direct contact?

- A. By sending threatening emails
 - B. By spreading malicious rumors online
 - C. By excluding someone from social events
 - D. By making threatening gestures or pretending to hit
-

10. Which of the following describes the characteristics of bullying behavior?

- A. The behavior happens unintentionally, is harmless, and occurs by accident.
 - B. The behavior occurs just once, without being repeated in the future.
 - C. The behavior is friendly and welcomed by the recipient
 - D. The behavior is repetitive, unwanted, and includes a power imbalance
-

11. Which of the following is an example of cyberbullying?

- A. A student posting humiliating photos of another student on social media
 - B. A student being punched in the hallway
 - C. A student spreading rumors about another student in person
 - D. A student excluding another student from a group game
-

12. What is a physical impact that students who are bullied might experience?

- A. Increased athletic performance
 - B. Improved social skills
 - C. Decreased sleep and changes in eating patterns
 - D. Enhanced classroom participation
-

13. What is the main focus of restorative justice practices in schools?

- A. Dialogues to repair harm and build community
 - B. Punitive measures to deter bullying
 - C. Practicing mindfulness and self-managing emotions
 - D. Implementing zero-tolerance policies
-

14. What is a common characteristic of cyberbullying compared to other forms of bullying?

- A. It is more likely to involve physical aggression
 - B. It can occur at any time and from anywhere
 - C. It usually happens in the presence of authority figures
 - D. It is limited to verbal interactions in person
-

15. Which approach is NOT included in the multi-tiered support framework for bullying prevention?

- A. Universal prevention strategies
 - B. Focus on punitive measures for bullying behavior
 - C. Targeted assistance for at-risk students
 - D. Intensive, individualized interventions
-

16. Which example best represents sexual bullying?

- A. A student sends sexually explicit messages to another student.
 - B. A student insults another student's clothing choices.
 - C. A group of students calls another student derogatory names.
 - D. A student spreads false rumors about another student.
-

17. Which is NOT likely to be a result of psychological and emotional impact of bullying on students?

- A. A student reports changes in sleep and eating patterns
 - B. A student may show as a loss of interest in activities they once enjoyed
 - C. A student experiences increased anxiety, depression, and feelings of isolation
 - D. A student develops stronger social networks because other students come together to support the victim
-

18. In which type of bullying would a student feel isolated after being deliberately left out of a group activity?

- A. Physical bullying
 - B. Relational bullying
 - C. Cyberbullying
 - D. Verbal bullying
-

19. How might bullying impact a student's academic performance?

- A. It could have minimal impact on overall academic outcomes, further research is needed
 - B. It might lead to a decline in academic performance and increased absences
 - C. It may improve participation in class and extracurricular school activities in order to increase social connections
 - D. It may lead to increased GPA and enhanced test scores
-

20. If a student is pushed and shoved by peers during recess, this is an example of:

- A. Physical bullying
 - B. Verbal bullying
 - C. Relational bullying
 - D. Cyberbullying
-

Copyright © 2025 TeachME Professional Development

Visit us at <https://www.teachmeceus.com>