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

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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

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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

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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

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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

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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

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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

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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

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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

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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

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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.

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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

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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

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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

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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