

# TeachME Professional Development

## Violence and Bullying Among School-Aged Youth

### Understanding Youth Violence

**1. Risk factors for youth violence include a prior history of violence, drug, alcohol, or tobacco use, association with delinquent peers, poor family functioning, poor grades in school, and poverty within the community.**

- A. True
  - B. False
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### How Can We Prevent Youth Violence?

**2. Prevention strategies that have been developed to stop youth violence before it starts include each of the following EXCEPT:**

- A. Parent- and family-based programs to improve family relations that include training on child development, skills for talking to kids, and strategies to solve problems in nonviolent ways
  - B. Social-development strategies that teach children how to handle tough social situations, and where they to resolve problems without using violence
  - C. Peer support programs that pair young victims of violence with one another so that may help to monitor each other's reactions and behavior
  - D. Changes to the environment that address the social and economic causes of violence
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### Understanding School Violence

**3. School violence is youth violence that occurs on school property, on the way to or from school or school-sponsored events, or during a school-sponsored event, and it may involve or impact adults as well as young people.**

- A. True
  - B. False
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### How Can We Prevent School Violence

**4. Experts recommend implementing selective, community-based violence prevention programs that help develop skills for school-aged children such as emotional regulation, positive coping skills, stress-reduction, and acceptance.**

- A. True
  - B. False
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## **Understanding Teen Dating Violence**

**5. Dating violence can have a negative effect on health throughout life, and among adult victims of rape, physical violence, and/ or stalking by an intimate partner, 22% of women and 15% of men first experienced some form of partner violence between 11 and 17 years of age.**

- A. True
  - B. False
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## **Bullying Violence**

**6. Which of the following is NOT an accurate statement about how bullying may affect overall health?**

- A. Bullying, which can be physical, verbal, or relational/social, can result in physical injury, social and emotional distress, and even death
  - B. Victimized youth are at increased risk for depression, anxiety, sleep difficulties, and poor school adjustment
  - C. Youth who bully others are at increased risk for substance use, academic problems, and violence later in adolescence and adulthood
  - D. Youth who are only victims of bullying suffer the most serious consequences and are at greater risk for both mental health and behavior problems when compared to youth who only bully, or to those who are perpetrators and victims of bullying
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## **What We Know About Bullying and Suicide**

**7. Experts contend that any involvement with bullying behavior is one stressor that may significantly contribute to feelings of helplessness and hopelessness that raise the risk of suicide.**

- A. True
  - B. False
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## **What Can We Do With What We Know**

**8. In order to foster positive mental health and pro-social behavior, early interactions are recommended to help students develop coping and problem-solving skills, build resilience, and increase their:**

- A. Overall sense of connectedness
  - B. Social intelligence and empathy
  - C. Ability to access protective factors
  - D. Self-worth and self-efficacy
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