

# THE STAY ALERT... STAY SAFE BULLYING QUIZ

Try to choose the correct answer for each of the following questions. With this multiple-choice quiz, you can test your knowledge on how to not be a victim... or a bully.

## 1. Bullying is a problem that affects...

- a) victims
- b) bullies
- c) communities
- d) all of the above

## 2. By definition, bullies are...

- a) generally aggressive toward their classmates, teacher, parents, siblings and others
- b) happy children who just like to tease
- c) well-liked and highly popular amongst their peers
- d) caring, sensitive people

## 3. If you are being bullied, you should...

- a) start crying
- b) fight back
- c) ignore the bully and walk away
- d) laugh at the bully

## 4. Victims of bullying are generally known to...

- a) deserve what they get
- b) be funny looking
- c) be unpopular at school
- d) none of the above



## 5. You are in the schoolyard and a kid four inches taller and much stronger than you approaches. With his fist in the air, he screams "You pushed me in line at lunch today. What are you going to do about it? Answer quick or I'll break your face." Your immediate response should be...

- a) "Leave me alone" ...then walk away.
- b) Threaten to break his face too
- c) Give a clever or funny response such as "Thanks, but I like my face just the way it is."
- d) a or c

## 6. Bullies tend to pick on:

- a) kids who are older and bigger than they are
- b) kids who are all alone
- c) kids who play together in a group
- d) kids who play close to the teacher

## 7. The following behaviour may prevent you from becoming a victim of a bully...

- a) becoming a bully yourself
- b) walking tall and with confidence
- c) taking up kick-boxing
- d) playing by yourself at recess

## 8. Bullying comes in many forms. It can be...

- a) physical (hitting, punching, kicking)
- b) verbal (name calling, sarcasm, threats, teasing)
- c) emotional (tormenting, ridiculing, or humiliating another person)
- d) all of the above

Answers: 1-d; 2-a; 3-c; 4-d; 5-d; 6-b; 7-b; 8-d.

## Bullying... And The Best Ways To Beat It!

What all children need to know to stay safe

At **Stay Alert... Stay Safe**, we know that bullies are not cool. We worry about kids who are bullied and we understand how it feels to be scared and alone. We worry about the bullies too. They are often unpopular and lonely kids who try to frighten others just to get attention.



If you ever bully people, think twice about your behaviour. Nobody likes a bully – it's never the best way to become popular with your classmates. Plus it can get you into a whole lot of trouble with your teachers and parents.

If you are being bullied by someone and don't know how to deal with it, help is always there. Some schools have an anti-bullying program complete with tips to help you deal with your situation. If your school does not offer this, talk to someone you trust – a parent, a teacher, an aunt or uncle.

Sometimes it helps if you understand what makes a bully nasty to his or her classmates. Look inside for the **Top 10 Reasons Why Kids Bully**. If you have ever been bullied, and almost everybody has at one time in their life, read our **Top 10 Tips on How To Beat the Bullying**. Try your hand at our **"Bullying" Quiz** and answer the multiple-choice questions, then check your answers to learn more about bullying. We hope this information will help you use your own good judgment and will help you listen to that little voice inside that guides you in making good decisions.

If you would like further information or materials on streetproofing, please call us at 1-800-301-7277.

Or write to us at Stay Alert...Stay Safe, P.O. Box 93006, 499 Main St. S., Brampton, Ontario L6Y 1N0.

You can also E-mail us at [sass.ca.inter.net](mailto:sass.ca.inter.net).

Web site: <http://www.sass.ca>

Stay ALERT  
STAY Safe



THE BULLYING PREVENTION

# Top 10 Reasons Why Kids Bully!

**Kids can become bullies for a lot of different reasons. Here are the 10 most common:**

- Someone else – perhaps a parent or a sibling – is picking on them.
- Someone bigger and stronger is pressuring them into being a ‘tough guy’.
- They think the world revolves around them.
- They are looking for attention.
- They have family problems.
- They have no true friends and feel lonely.
- They feel bad about themselves and want others to feel bad as well.
- They feel insecure and bullying makes them feel powerful.
- They want their classmates to think they’re strong and in control.
- They don’t think or care about other people’s feelings.

**This won’t necessarily make your situation better, but it may help you to understand that bullies behave badly because they have a whole lot of their own problems – and beating up on others is their way of dealing with them. Also know that the bully’s problems are not your fault and that you do not deserve to be hurt or upset by anyone.**

# Top 10 Tips on how to beat the bullying!

**Here are some ways to avoid being a victim of bullying:**

## Tip #1: Walk Tall

Try not to act scared. Practice ‘walking tall’ with shoulders back and head held high.

## Tip #2: Develop Self-Confidence

Be positive!! Learn new skills. Get involved with people and activities that make you feel good about who you are. Remember, everyone is really good at something!

## Tip #3: Start A School Program

Make sure that your school has an anti-bullying program with tips on dealing with bullying incidents. If not, talk to your teacher or school principal about starting one. Hold staff and student meetings on a regular basis to review any issues.

## Tip #4: Tell a Friend

Always tell a friend or an adult you trust about the bullying. Having someone on your side will help you to stand up for your rights.

## Tip #5: Walk Away

If possible, ignore the bully or say “No” and walk away. The bully is seeking attention.

## Tip #6: Ignore The Teasing

Try not to react to the bullying and teasing. If you act like you don’t care, the bully might get bored and give up.

## Tip #7: Don’t Fight Back

The most dangerous thing you can do when confronted by a bully is to fight back. Bullies are generally stronger than their victims are. By fighting back, you could make matters worse.

## Tip #8: Give Up Your Possessions

If the situation is getting dangerous, if the bully is much bigger and stronger than you, or if he has a weapon, then it would be smart to give him what he wants. Material things are replaceable; you are not.

## Tip #9: Stick With Others

Try not to be alone in places where you could be unsafe – such as an empty schoolyard, a dark alleyway or a school washroom. If possible, try to stick with a group. Bullies tend to pick on those who are all alone.

## Tip #10: Remember, Bullies Have Weaknesses Too

Like everyone else, bullies have weaknesses too. Try to see beyond the bully’s scary face and words and think about what is missing in his life to make him act so cruelly.

**Give yourself a big pat on the back, if you use any one or more of these tips successfully.**

