

WHAT'S INCLUDED IN THIS MODULE?

THE INS AND OUTS OF CYBERBULLYING

1. Bullying is a:
 - a. Feeling
 - b. Thought
 - c. **Behaviour**
 - d. None of the above
2. State whether these behaviours are examples of passive or active bullying or neither
 - a. Posting an embarrassing photo of someone without their consent. [**Active**/Passive/Neither]
 - b. Laughing along while your friend catfishes someone else. [**Active**/Passive/Neither]
 - c. Not commenting on, sharing or liking a mean post your friend put on social about someone else. [Active/Passive/**Neither**]
 - d. Agreeing to join a WhatsApp group your friend created in order to all talk about a classmate. [**Active**/Passive/Neither]
3. Is it possible for someone to experience mental health problems as a result of cyberbullying?
 - a. Yes
 - b. No

If yes, what kinds of mental health problems? _____

4. Is it possible to know how your behaviour will make someone else think and feel?
 - a. **Yes**
 - b. No
5. If bullies learn how to express their feelings, they will be more in control of how they behave when feeling bad.
 - a. **True**
 - b. False
6. Bullying involves:
 - a. Power imbalances.
 - b. Intimidation.
 - c. Defending themselves from bad feelings.



d. All of the above.

7. State if true or false:

- a. Just because someone is different to the majority (e.g. they're gay when most people are straight), they don't deserve to be teased because of being different. [True/False]
- b. All humans are pretty much the same – so if you're not like most people, something is wrong with you. [True/False]
- c. People can't choose who they are or what they like/dislike. [True/False]
- d. Being unique and proud to be who you are is a weakness. [True/False]

8. What kinds of effects does bullying have on the bully?

- a. None, because they don't see the effects of their behaviour on the victim.
- b. They could end up feeling more powerful and more popular amongst their friends.
- c. They could end up getting into a lot of trouble (depending on what they did).
- d. All of the above.

9. Seeing someone getting bullied and not doing anything about it makes you:

- a. An Upstander.
- b. A Bystander.
- c. A Bully.
- d. A Victim.

10. State if true or false:

- a. Bystanders don't play an important role in the bullying cycle. [True/False]
- b. Bystanders can unintentionally encourage bullies to keep bullying, by not expressing disapproval of the bully's behaviour. [True/False]
- c. There's nothing a bystander can do to help the person who is being bullied. [True/False]
- d. Being an upstander can help to break the bullying cycle. [True/False]

11. Keeping the cyberbullying a secret:

- a. Helps end the cycle of bullying.
- b. Allows the bullying to continue.
- c. Means no one gets the help they need.
- d. Answers b and c.

12. State whether these ideas could be helpful or not for dealing with a bully:

- a. Teaching the bully mindfulness, so they can learn to notice what they're feeling, before just reacting to the feeling. [Helpful/Not Helpful]
- b. Teaching the bully to keep all their bad feelings to themselves, because no one wants to hear about it. [Helpful/Not Helpful]
- c. Punish the bully, because they're a bad person. [Helpful/Not Helpful]
- d. Teaching the bully to let their bad feelings out, in a direct way, so that the feelings don't take control of their behaviour. [Helpful/Not Helpful]

13. State whether these ideas could be helpful or not for dealing with a victim of bullying:

- a. Teach the victim to talk to someone they trust about what they're going through. [Helpful/Not Helpful]
 - b. Teach them to deal with it alone, because it's weak to ask for help. [Helpful/Not Helpful]
 - c. Teach them to be kind and loving to themselves and to learn to accept themselves for who they are. [Helpful/Not Helpful]
 - d. Teach the victim to believe what the bully said about them. [Helpful/Not Helpful]
14. The environment that the bullying occurs in makes no difference to whether the bullying happens or not.
- a. True
 - b. False
15. How can you make an environment a bully-free zone?
- a. Keep all the bullying that happens a secret.
 - b. Act together to interrupt and stop the bullying.
 - c. Laugh together, because it's kind of funny to see someone get trolled.
 - d. Just ignore it, because it doesn't affect you.

WELL DONE!