

## WHAT'S INCLUDED IN THIS MODULE?

### THE INS AND OUTS OF CYBERBULLYING

1. Bullying is a:
  - a. Feeling
  - b. Thought
  - c. **Behaviour / An action**
  - d. None of the above
2. 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? (sadness, anxiety etc) \_\_\_\_\_

\_\_\_\_\_
3. Is it possible to know how your behaviour will make someone else think and feel?
  - a. **Yes**
  - b. No
4. If bullies learn how to express their feelings, will they will be more in control of how they behave when feeling bad?
  - a. **Yes, they can start to admit to their feelings and slowly they fade.**
  - b. No, bullies are just bullies.
5. Bullying involves:
  - a. People wanting to be more powerful than someone else, or another group.
  - b. Trying to pressure or scare someone.
  - c. Taking it out on someone else because the bully is not feeling good inside.
  - d. **All of the above.**
6. Seeing someone getting bullied and not doing anything about it makes you:
  - a. An Upstander.
  - b. **A Bystander.**
  - c. A Bully.
  - d. A Victim.
7. 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 problem. [True/False]
8. 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.**
9. 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]
10. 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!