

# TeachME Professional Development

## How Violence and Bullying Impact Youth

**1. Which of the following defines youth violence?**

- A. Potentially traumatic events that occur in childhood (0-17 years)
- B. The intentional use of physical force or power to threaten or harm others by young people ages 10-24
- C. Developed physical symptoms that have no clear medical cause and appear to be influenced by the person's emotional state
- D. Any unwanted aggressive behavior(s) by another youth or group of youths, that involves an observed or perceived power imbalance

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**2. Which of the following is NOT a risk factor for bullying victimization?**

- A. Being perceived as different from peers
- B. Being perceived as weak, anxious, or have low self-esteem
- C. Lack of parental involvement and support
- D. Not accepted by peers

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**3. Damon is a 9th grade student with a low degree of involvement at school. He has little connection with peers or teachers, and the friends he does have are often getting into trouble. What risk factors for gang involvement are present in Damon's situation?**

- A. Low school involvement/connectedness
- B. Being perceived as having low self esteem
- C. Engaging in high risk activities
- D. Lack of parental involvement

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**4. John is an 8th grader that has recently been referred for social work services. Overall, John does well academically. However, he relates negatively to peers outside of his friend group and comes off as aggressive. John has some close friends and is involved in sports. John's teachers are concerned that he is involved in bullying. What risk factors for bullying perpetration does John have?**

- A. Strong academic skills
- B. Lack of parental monitoring
- C. Perceived as weak or anxious
- D. Relates negatively to peers

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**5. Which choice best summarizes some of the negative impacts of bullying victimization?**

- A. Increased aggression and difficulty controlling impulses
- B. Greater levels of anxiety, depression, and loneliness
- C. Lack of involvement with parents and family
- D. Higher incidences of conduct disorders

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**6. Which of the following defines bullying?**

- A. Any unwanted aggressive behavior(s) by another youth or group of youths, that involves an observed or perceived power imbalance
- B. Potentially traumatic events that occur in childhood (0-17 years)
- C. The intentional use of physical force or power to threaten or harm others by young people ages 10-24
- D. Developed physical symptoms that have no clear medical cause and appear to be influenced by the person's emotional state

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**7. North Park Middle School (NPMS) is known for its positive school climate. In addition to many interest-based clubs, the school also offers several clubs geared toward LGBTQ+ youth, as well as students experiencing racism. NPMS teachers also have open-door policies so that their students can turn to them in times of need. What youth violence prevention methods is NPMS emphasizing?**

- A. Universal school-based programming
- B. Reducing exposure to community level risks
- C. School connectedness
- D. Providing education on youth violence for students

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**8. Which of the following is NOT a protective factor against bullying?**

- A. High self esteem / positive self-concept
- B. Strong group of friends
- C. Strong school connection
- D. High intelligence

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**9. Which of the following summarizes potential impacts of youth gang involvement?**

- A. Higher risk of eating disorders, poor mental health, and future relationship issues
- B. Greater levels of anxiety and depression, loneliness, and frequent psychosomatic symptoms
- C. Higher risk of violence and victimization, high-risk behaviors, and incarceration
- D. Difficulty managing emotions and the onset of sleeping disorders

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**10. Which of the following is NOT a risk factor for teen dating violence?**

- A. Experiencing past trauma
- B. Having friends involved in teen dating violence
- C. Identifying as LGBTQ+

D. Being perceived as different from peers

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**11. Jazmin is a 7th grade queer female. Jazmin is short and overweight, and is often the victim of verbal bullying. Jazmin struggled during 6th grade but in 7th grade her social worker connected her with an LGBTQ+ club at school, where she has made some close friends, as well as support from the club sponsor. What protective factors has Jazmin gained in 7th grade?**

- A. Positive family environment
- B. Close group of friends and school connection
- C. High peer status and social skills
- D. Problem solving skills and assertiveness

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**12. Which of the following is a school-based option for preventing youth violence?**

- A. Frequent home visits
- B. Street outreach
- C. Strengthening youth soft skills
- D. Targeted mental health intervention

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**13. Which of the following is NOT a risk factor for gang involvement?**

- A. Having a strong group of friends
- B. History of conduct disorders
- C. Low levels of parental involvement
- D. Living in an area with high gang activity

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**14. Which of the following is true about caring adult relationships as a protective factor against youth violence?**

- A. Caring adult relationships can improve school engagement and motivation
- B. Caring adult relationships teach kids appropriate behaviors and communication skills
- C. Caring adult relationships reduces the risk of involvement in substance abuse and
- D. All of the above

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**15. Which of the following is NOT a risk factor for bullying perpetration?**

- A. Witnessing abuse in the home
- B. Lack of parental involvement
- C. Acting with aggression and impulsivity
- D. Being perceived as different

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**16. Which of the following is an effective school-based teen dating violence prevention strategy?**

- A. Zero tolerance policies

- B. Informational Assemblies
- C. Having an accessible and effective TDV policy
- D. Peer mediation

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**17. Which of the following is NOT a consequence of involvement in gang violence?**

- A. Stalking
- B. Dropping out of school
- C. Early parenthood
- D. Lack of stable employment

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**18. Which of the following is an effective bullying prevention strategy?**

- A. Suspension for the bully
- B. Zero tolerance policies
- C. Student training
- D. Peer mediation

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**19. Which is NOT a special concern associated with cyberbullying?**

- A. It's permanent
- B. It can be deleted
- C. It's persistent
- D. It's hard to notice

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**20. Which consequences are most closely associated with teen dating violence victimization?**

- A. Increased risk of substance use and unhealthy weight control behaviors
- B. Delinquency and incarceration
- C. More frequent physical and psychosomatic symptoms
- D. Difficulty with academics and future employment

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