TeachME Professional Development

How Violence and Bullying Impact Youth

1. The CDC (2022) defines youth violence as:

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

---

2. Which of the following is a risk factor for bullying victimization?

A. Having permissive parents
B. Craving power
C. Not being accepted by peers
D. Showing a lack of empathy

---

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 factor for gang involvement is 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

---

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 factor 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

---

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 disoders

---

6. Bullying involves an observed or perceived _____ and is repeated multiple times or is highly likely to be repeated.

A. power imbalance
B. romantic relationship
C. collective identity
D. trauma history

---

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

---

8. Which of the following protects against bullying victimization?

A. Low frustration tolerance
B. Using physical strength to intimidate others
C. Excluding other children
D. Intelligence

---

9. Youth often join gangs for protection, but gang involvement actually increases their:

A. Risk of eating disorders, sleep disorders, and PTSD
B. Psychosomatic symptoms, such as stomach aches and headaches
C. Risk of violence and victimization, high-risk behaviors, and incarceration
D. Difficulty managing emotions and irritability

---

10. Which of the following is a risk factor for teen dating violence?

A. Having a strong social support system
B. Strong self-regulation skills
C. Maternal warmth and acceptance
D. Having friends involved in dating violence

---

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

---

12. Lakeview Middle School adopts a Social-Emotional Learning program that teaches students self-control, problem-solving, and conflict management. What CDC prevention strategy does this approach represent?

A. Modifying the physical and social environment
B. Street outreach and community norm change
C. Strengthening youth skills
D. Reducing exposure to community-level risks

---

13. Which of the following is a risk factor for gang involvement?

A. Associating with peers who engage in delinquency
B. Academic achievements and aspirations
C. Parental involvement
D. Interpersonal skills

---

14. Exposure to positive adult role models helps young people learn which of the following?

A. How to resolve bullying through peer mediation
B. Appropriate behaviors, communication skills, and positive relationship building
C. How to ignore a bully until the behavior stops
D. How to solve problems without adult involvement

---

15. Marcus, a 6th grader, often loses his temper and yells at classmates when things don't go his way. His teachers notice that he rarely stops to think before he acts. What behavioral risk factor for bullying perpetration does Marcus show?

A. Excluding other children
B. Being picked on by others
C. Craving power
D. Acting with aggression and impulsivity

---

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

A. Promising secrecy to students who disclose dating violence
B. Limiting TDV education to students currently in romantic relationships
C. Having an accessible and effective TDV policy
D. Investigating only incidents that occur on campus

---

17. Long-term consequences of youth gang involvement include dropping out of school, early parenthood, and _____.

A. lack of stable employment
B. stalking
C. doxing
D. victimization in college dating relationships

---

18. A principal wants to add the bullying prevention strategy that the course calls "equally as important as teacher training." Which strategy should she choose?

A. Suspending the bully
B. Zero tolerance policies
C. Student training
D. Peer mediation

---

19. A student deletes a hurtful post about a classmate, but screenshots of it keep spreading online. What special concern of cyberbullying does this show?

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

---

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. Dropping out of school and lack of stable employment

Copyright © 2026 TeachME Professional Development

Visit us at https://www.teachmeceus.com