

# TeachME Professional Development

## Reducing Bullying Behaviors in the School Environment

**1. If a group of students makes fun of another student's accent or speech pattern, this is an example of:**

- A. Physical bullying
  - B. Verbal bullying
  - C. Relational bullying
  - D. Prejudicial bullying
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**2. What is a key feature that differentiates bullying from other forms of conflict?**

- A. The conflict occurs due to unwanted advice being given
  - B. The conflict is based on a difference of opinion
  - C. There is an imbalance of power between the individuals involved
  - D. The conflict is based on personality differences
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**3. Which of the following behaviors is commonly observed in students who bully others?**

- A. Participation in violent and risky behaviors
  - B. They are often reluctant to join others
  - C. Improved interpersonal relationships
  - D. They generally belong to an underrepresented group
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**4. Which of the following scenarios describes relational bullying?**

- A. A student repeatedly calls another student names in front of the class.
  - B. A group of students spreads a false rumor to damage another student's reputation.
  - C. A student sends threatening messages via social media.
  - D. A student pushes another student in the hallway while others encourage the behavior
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**5. Which strategy is NOT part of creating a supportive school culture?**

- A. Enforcing zero tolerance for all school rules
  - B. Developing strong anti-bullying policies
  - C. Building resilience for all students
  - D. Engaging with students and families on mental health topics
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**6. A school implements a program where students are encouraged to speak up if they see bullying and are given strategies for safe intervention. Which strategy are they using?**

- A. Social Emotional Learning (SEL)
  - B. Positive Behavioral Interventions and Supports (PBIS)
  - C. Restorative Justice Practices
  - D. Bystander Intervention Training
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**7. What distinguishes verbal bullying from other types?**

- A. It involves physical aggression
  - B. It focuses on manipulating social relationships
  - C. It includes name-calling and making threats
  - D. It occurs online through digital platforms
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**8. What is one benefit of incorporating Social Emotional Learning (SEL) into the curriculum?**

- A. It increases academic competition and gives students more time to study
  - B. It helps students build resilience and manage their emotions
  - C. It reduces the need for mental health and community resources
  - D. It limits student interaction with peers and trusted adults
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**9. How can physical bullying manifest besides direct contact?**

- A. By sending threatening emails
  - B. By spreading malicious rumors online
  - C. By excluding someone from social events
  - D. By making threatening gestures or pretending to hit
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**10. Which of the following describes the characteristics of bullying behavior?**

- A. The behavior happens unintentionally, is harmless, and occurs by accident.
  - B. The behavior occurs just once, without being repeated in the future.
  - C. The behavior is friendly and welcomed by the recipient
  - D. The behavior is repetitive, unwanted, and includes a power imbalance
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**11. Which of the following is an example of cyberbullying?**

- A. A student posting humiliating photos of another student on social media
  - B. A student being punched in the hallway
  - C. A student spreading rumors about another student in person
  - D. A student excluding another student from a group game
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**12. What is a physical impact that students who are bullied might experience?**

- A. Increased athletic performance
  - B. Improved social skills
  - C. Decreased sleep and changes in eating patterns
  - D. Enhanced classroom participation
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**13. What is the main focus of restorative justice practices in schools?**

- A. Dialogues to repair harm and build community
  - B. Punitive measures to deter bullying
  - C. Practicing mindfulness and self-managing emotions
  - D. Implementing zero-tolerance policies
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**14. What is a common characteristic of cyberbullying compared to other forms of bullying?**

- A. It is more likely to involve physical aggression
  - B. It can occur at any time and from anywhere
  - C. It usually happens in the presence of authority figures
  - D. It is limited to verbal interactions in person
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**15. Which approach is NOT included in the multi-tiered support framework for bullying prevention?**

- A. Universal prevention strategies
  - B. Focus on punitive measures for bullying behavior
  - C. Targeted assistance for at-risk students
  - D. Intensive, individualized interventions
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**16. Which example best represents sexual bullying?**

- A. A student sends sexually explicit messages to another student.
  - B. A student insults another student's clothing choices.
  - C. A group of students calls another student derogatory names.
  - D. A student spreads false rumors about another student.
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**17. Which is NOT likely to be a result of psychological and emotional impact of bullying on students?**

- A. A student reports changes in sleep and eating patterns
  - B. A student may show as a loss of interest in activities they once enjoyed
  - C. A student experiences increased anxiety, depression, and feelings of isolation
  - D. A student develops stronger social networks because other students come together to support the victim
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**18. In which type of bullying would a student feel isolated after being deliberately left out of a group activity?**

- A. Physical bullying
  - B. Relational bullying
  - C. Cyberbullying
  - D. Verbal bullying
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**19. How might bullying impact a student's academic performance?**

- A. It could have minimal impact on overall academic outcomes, further research is needed
  - B. It might lead to a decline in academic performance and increased absences
  - C. It may improve participation in class and extracurricular school activities in order to increase social connections
  - D. It may lead to increased GPA and enhanced test scores
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**20. If a student is pushed and shoved by peers during recess, this is an example of:**

- A. Physical bullying
  - B. Verbal bullying
  - C. Relational bullying
  - D. Cyberbullying
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