

Name _____

The Psychology Behind Bullying and How to Prevent It

Multiple Choice Questions

1. What is bullying?
 - a) A form of friendship
 - b) Treating others with kindness
 - c) Repeatedly hurting, threatening, or frightening someone on purpose
 - d) A way to gain power and control

2. Why might some people become bullies?
 - a) They have high self-esteem.
 - b) They want to make others feel better about themselves.
 - c) They have experienced kindness from others.
 - d) They may have low self-esteem or want to gain power.

3. What are some effects of being bullied?
 - a) Happiness and confidence
 - b) Loneliness, anxiety, and physical health problems
 - c) Making new friends easily
 - d) Feeling empowered

4. How can we prevent bullying?
 - a) By being bystanders and watching silently
 - b) By treating others with unkindness
 - c) By talking about bullying and standing up for others
 - d) By keeping it a secret

5. Why is it important to prevent bullying?
 - a) Because bullies benefit from it
 - b) Because it creates a positive cycle of hurtful behavior
 - c) Because it hurts everyone involved
 - d) Because it's fun to watch

