

Name _____

The Psychology Behind Bullying and How to Prevent It

Short Answer Key

1. Bullies might have low self-esteem because they try to feel better about themselves by making others feel worse.
2. Some effects of being bullied on a person's well-being can include sadness, anxiety, and physical health problems.
3. One way to prevent bullying is by being kind and treating others with respect.
4. To be a good role model in preventing bullying, you can treat others the way you want to be treated and stand up for those who are being mistreated.
5. It is important to talk to a trusted adult if you or someone you know is being bullied because they can provide help and support to stop the bullying.

