

Name _____

Understanding Emotions: How Bullying Affects People's Feelings

Multiple Choice Questions

1. What emotion does bullying often instill in its victims?
 - a) Happiness
 - b) Fear
 - c) Excitement
 - d) Contentment

2. What feeling can lead to negative emotional and behavioral reactions in victims of bullying?
 - a) Sadness
 - b) Loneliness
 - c) Anger
 - d) Confidence

3. Which emotion may result from public humiliation or ridicule during bullying?
 - a) Happiness
 - b) Shame and embarrassment
 - c) Hopelessness
 - d) Guilt

4. How does the stress of dealing with bullying affect some individuals?
 - a) It leads to increased self-esteem.
 - b) It diminishes their anxiety.
 - c) It causes low self-esteem.
 - d) It boosts their confidence.

5. What is one possible long-term effect of prolonged bullying on a person's life?
 - a) Increased academic performance
 - b) Improved social relationships
 - c) Diminished mental health
 - d) Enhanced self-worth

