

Name _____

Understanding Emotions: How Bullying Affects People's Feelings

Short Answer Key

1. Bullying can make some individuals feel powerless because they believe they have no control over the situation and are unable to stop the bullying from occurring.
2. Bullying can have a significant negative impact on a victim's self-esteem, leading to feelings of worthlessness and a diminished sense of self-worth.
3. Some potential consequences of feeling shame and embarrassment due to bullying may include a negative self-image, social withdrawal, and avoidance of situations where they may be humiliated again.
4. Fear of bullying can affect a victim's daily life by making them feel anxious, unsafe, and on edge. It can lead to a constant sense of dread about going to school or certain places.
5. An example of how anger resulting from bullying can lead to negative behavioral reactions is when a victim becomes aggressive or confrontational towards others, potentially causing further conflict.

