

Name _____

Being a Bullying Bystander: How to Support a Friend

Multiple Choice Questions

1. What is one essential way to support a friend who is being bullied?
 - a) Ignore them to avoid making the situation worse.
 - b) Share their bullying experiences with others without their consent.
 - c) Be a good listener and validate their feelings.
 - d) Blame them for the bullying.

2. What is the significance of documenting bullying incidents?
 - a) It provides evidence to justify the bullying.
 - b) It helps bullies continue their actions.
 - c) It can be useful when reporting the bullying to school authorities.
 - d) It is unnecessary and doesn't help in addressing the issue.

3. In cases of cyberbullying, what should you encourage your friend to do?
 - a) Retaliate and respond with hurtful messages.
 - b) Block and report cyberbullies and practice online safety.
 - c) Delete all their social media accounts.
 - d) Ignore the cyberbullying and hope it goes away.

4. How can you stand up against bullying when you witness it happening to your friend?
 - a) Physically intervene and confront the bullies.
 - b) Use assertive, non-confrontational language to discourage the bullies.
 - c) Ignore the situation and walk away.
 - d) Laugh along with the bullies to avoid becoming a target.

5. Why is it important to continue supporting your friend even after the bullying stops?
 - a) To maintain a record of the bullying incidents.
 - b) To encourage them to retaliate against the bullies.
 - c) Healing from the effects of bullying takes time.
 - d) To report the bullying to school authorities.

