

Bullying - quiz

Bullying can have a devastating effect on a young person's life. Do you understand what bullying is and how it affects people? Test your knowledge with this quick quiz.

1. What is bullying?

- A. Deliberately hurting someone or making them afraid or upset.
- B. A bit of harmless fun between friends.
- C. The rough-housing that occurs on-field between football players.

2. What counts as bullying?

- A. Hitting, kicking, punching, pushing, tripping up, hair-pulling, teasing, name-calling, threatening.
- B. Excluding the person from the group, stopping them from going where they want to go, or not letting them do what they want to do, wear what they want to wear, believe in what they want to believe, be who they want to be.
- C. Bullying can be all of the above.

3. What sort of person is vulnerable to bullying?

- A. Someone who calls attention to themselves, such as a loudmouth or a class clown.
- B. Someone who looks easy to hurt, such as a loner, a person who looks or acts differently to others, or someone who lacks confidence.
- C. Someone who is easy to envy, such as a high achiever, an attractive girl or boy or someone with confidence..

4. What are some of the signs that a child is being bullied?

- A. Unhappiness, anxiety, finding excuses to stay at home, unexplained bruises, drop in academic performance, often ill or depressed.
- B. Curiosity, sleepiness, increase in muscle mass, quietness, improvement in academic performance.
- C. Anger, aggression, growth spurt, increased interest in exercise, extra confidence.

5. If a child or young person is being bullied, who are they most likely to tell first?

- A. Mum or Dad.
- B. Teacher or other trusted adult
- C. Best friend or sibling.

6. Can a parent help a child or young person who is being bullied?

- A. No – this is a problem you have to learn to work out for yourself.

- B. Yes – the parent can teach self-defence, notify the police and threaten legal action against the venue, the bully and the parents of the bully.
- C. Yes – the parent can help their child to cope, offer love and support, and talk to the school (or relevant authority) about the bullying problem.

7. Is there a 'typical' bully?

- A. Yes – someone who needs to feel important and in control because they are unhappy or being bullied themselves.
- B. Yes – someone who has a mental illness or a hormone imbalance that makes them act in antisocial ways against their will or better judgement.
- C. Yes – a person who has hit puberty before everyone else and wants to show they deserve respect.

8. Do bullies suffer in the long term?

- A. No – they tend to become leaders in politics, business or industry.
- B. Yes – they tend to have poor academic achievement, poor social skills and poor adult relationships.
- C. Maybe – whether or not they suffer depends on other factors such as diet, exercise and hobbies.

Calculate score

Your score is:

Score 0 to 2:

You know very little about bullying. Learning more may help you help yourself, a loved one or a friend who may be experiencing bullying.

Score 3 to 5:

You do know some things about bullying but some of your ideas aren't accurate. Browse the Better Health Channel for more information on bullying, its effects and how you can make a difference.

Score 6 to 8: Congratulations, you seem to know a lot about bullying and this may help you in your own life or to provide support to someone else.

> Check the best answers.

This page has been produced in consultation with, and approved by:

NAPCAN

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