

Bullying; True or False Checklist

- 1. Bullying is just teasing.**
- 2. Some people deserve to be bullied**
- 3. Only boys bully**
- 4. People that report bullies are babies.**
- 5. Bullying is a normal part of childhood**
- 6. All bullies have low self-esteem, that's why they pick on people**
- 7. It's tattling to tell an adult when you think you or another child is being bullied**
- 8. The best way to deal with a bully is by fighting them and getting even.**
- 9. Even if kids get their feelings hurt by a bully, it's okay to ignore it, they'll get over it.**
- 10. Bullies will go away if you ignore them.**

Answers:

- 1. FALSE** While many bullies tease, others use violence, intimidation and other hostile tactics. Sometimes teasing can be fun. Bullying always hurts.
- 2. FALSE.** No one ever deserves to be bullied. No one asks for it. Most bullies tease people who are different in some way. Being different is not a reason to be bullied.
- 3. FALSE.** Both boys and girls can be bullies.
- 4. FALSE.** People who complain about bullies are more grown-up than the bullies.
- 5. FALSE.** Getting teased, picked on, pushed around, threatened, harassed, insulted, hurt or abused is never normal.
- 6. FALSE.** Some bullies have high self-esteem. They feel good about themselves and picking on others makes them feel even better. Most of the time, bullying isn't about high or low self esteem. It's about power over others.
- 7. FALSE.** It's smart to tell an adult who can help you. It's also smart to tell an adult when you see someone else being bullied.
- 8. FALSE.** Fighting with a bully will only create more problems. One of you could get hurt, or get in trouble for fighting. By trying to get even, you are acting the same way as the bully.
- 9. True & False.** It really depends on the person and the situation. But bullying can hurt for a very long time. Sometimes forever. Many adults remember being bullied as a child.
- 10. True & False.** Some bullies may go away, but most will get angry and continue bullying to get a reaction out of their victim.