

# Am I a Bully? Quiz

**Time needed:** 15 minutes

**Recommended Level:** Grades PK-4

**Categories:** Awareness, Definition

**Common Core Standard (s):** ELA: Reading informational text,  
Speaking and Listening

**Purpose:** Students will complete an "Am I a Bully?" quiz to better understand the qualities of a bully, including some behaviors they may not have considered to be bullying.

## DISCUSSION:

Teachers should ask students to define the word "bully".  
Teacher should encourage students to think about times when they ay have been mean to someone without realizing it at the time.

## ACTIVITY:

Students will complete the "Am I A Bully?" quiz. (Next page)

As a class, students will decide what score they think it would take to be considered a bully. (For example, does answering one question as a "yes" automatically make you a bully?)

## FOLLOW-UP:

Students can share their results if they would like, however, they may want to keep their results private. Regardless, the teacher should encourage students to talk about their reactions to the quiz. Were students surprised at what behaviors were actually bullying? Does anyone want to share an example of a time when they have been rude or may have hurt the person's feelings? If you do something mean to someone, how can you "undo" some of the damage? Etc.

The teacher may chose to collect the quizzes and then annou-  
mously share results with students. For example, the teacher can share that 15 out of 25 students have pushed someone, or that 60% of students have pushed someone (This can be tied into math lessons as well.) These statistics can lead to a discussion about students' behaviors towards each other and how these behaviors could lead to bullying if we weren't aware of them.



Helping Everyone with Anti-Bullying,  
Respect & Tolerance

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## DISCUSSION:

- |   |        |
|---|--------|
| 1. Do you make mean faces or bad hand signals to people?    | YES/NO |
| 2. Do you start/spread rumors?                              | YES/NO |
| 3. Have you purposely not invited people to an event?       | YES/NO |
| 4. Do you make fun/tease others often?                      | YES/NO |
| 5. Have you threatened to hurt someone before?              | YES/NO |
| 6. Have you hit, pushed, or shoved someone on purpose?      | YES/NO |
| 7. Do you want other kids to think you are tough?           | YES/NO |
| 8. Have you ever taken/hid someone's belongings on purpose? | YES/NO |



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