adapted from http://www.girlshealth.gov/

**Quiz: Are you bullying?**

Many people bully other people in school and other places. Some people may not realize that what they’re doing is bullying. Ask yourself if you have ever repeatedly hurt someone because they were younger, weaker, or less confident than you.

**Could you be bullying? Take this quiz to find out.**

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1. Do you repeatedly make mean faces or bad hand signs to others?

Yes
No

1. Do you spread rumors or say mean things about others behind their backs?

Yes
No

1. Do you make fun of or tease other people often?

Yes
No

1. Do you whisper secrets to a friend in front of another person and then not share the secret with him or her on purpose?

Yes
No

1. Have you purposely not invited someone to hang out with you to hurt that person?

Yes
No

1. Have you been or are you currently part of a [clique](https://www.girlshealth.gov/bullying/whatis/cliques.html) that is very picky and mean about who can join?

Yes
No

1. Do you often make fun of others because they are “different” from you or your friends? (Maybe they have glasses, are poor, or are a different religion, for example.)

Yes
No

1. Have you repeatedly threatened to hurt someone?

Yes
No

1. Have you punched, shoved, or hit someone who is weaker than you?

Yes
No



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