

# Bullying & Anti-Bullying Programs – Full MCQs and Cases

## Bullying & Anti-Bullying Programs – Full MCQs and Cases

### MCQs

1. Which of the following is the MOST important feature that distinguishes bullying from a normal conflict?
  - A. Anger between students
  - B. Disagreement between peers
  - C. Presence of power imbalance
  - D. Different opinions
2. A student repeatedly humiliates a weaker classmate every week. Which characteristic of bullying is demonstrated?
  - A. Accidental behavior
  - B. Repetition
  - C. Remorse
  - D. Cooperation
3. Which of the following is NOT a characteristic of bullying?
  - A. Intentional
  - B. Repeated
  - C. Power imbalance
  - D. Mutual equal disagreement
4. A student sends threatening messages through social media every night. This is an example of:
  - A. Physical bullying
  - B. Verbal bullying
  - C. Relational bullying
  - D. Cyberbullying
5. Cyberbullying differs from traditional bullying because it:
  - A. Is always anonymous
  - B. Occurs only during school hours
  - C. Can occur 24 hours a day
  - D. Cannot be repeated
6. Which type of bullying involves spreading rumors?
  - A. Physical
  - B. Relational/Emotional
  - C. Verbal
  - D. Physical aggression
7. Which bullying type includes stealing a student's belongings?
  - A. Physical bullying
  - B. Cyberbullying
  - C. Emotional bullying
  - D. Verbal bullying
8. Bullying is mainly directed toward:
  - A. Popular students
  - B. Academic achievers

- C. Students perceived as different
- D. School staff

9. Which of the following is a possible long-term consequence of being involved in bullying?

- A. Improved mental health
- B. Increased self-esteem
- C. Depression
- D. Better academic performance

10. Bullying perpetrators have an increased risk of:

- A. Improved social skills
- B. Future violence
- C. Better school attendance
- D. Lower aggression

11. Approximately what proportion of students worldwide experience bullying?

- A. 10%
- B. 20%
- C. One-third
- D. Half

12. In high-income countries, an important predictor of bullying victimization is:

- A. High academic achievement
- B. Immigrant status
- C. Participation in sports
- D. Tall height

13. Compared with girls, boys are more likely to engage in:

- A. Cyberbullying
- B. Physical aggression
- C. Social exclusion
- D. Rumor spreading

14. Bullying prevention is part of which Sustainable Development Goal indicator?

- A. SDG 3.1
- B. SDG 4.a.2
- C. SDG 5.3
- D. SDG 1.2

15. Which method of assessing bullying relies on students reporting their own experiences?

- A. Direct observation
- B. Self-report survey
- C. Incident reports
- D. Peer nomination

16. A teacher observes students during recess and records bullying incidents. This is:

- A. Self-report
- B. Peer nomination
- C. Direct observation
- D. Focus group

17. Which assessment method involves asking students to identify classmates who bully others?

- A. Peer nomination
- B. Self-report
- C. Interview
- D. Observation

18. According to the public health approach, the FIRST step is:
- A. Implement interventions
  - B. Evaluate outcomes
  - C. Assess the problem
  - D. Punish perpetrators
19. The best anti-bullying strategy combines:
- A. Individual and environmental approaches
  - B. Punishment only
  - C. Counseling only
  - D. School rules only
20. Which prevention level includes teaching communication and social-emotional skills?
- A. Community
  - B. Family
  - C. Classroom
  - D. Society
21. Clear anti-bullying policies belong primarily to which prevention level?
- A. Individual
  - B. School-wide
  - C. Family
  - D. Community
22. Awareness campaigns are mainly an example of:
- A. Family intervention
  - B. Community intervention
  - C. Individual intervention
  - D. Classroom intervention
23. Which of the following is considered a target of prevention interventions?
- A. Family environment
  - B. School environment
  - C. Community
  - D. All of the above
24. A student laughs and encourages a bully but does not directly participate. This student is called:
- A. Defender
  - B. Assistant
  - C. Reinforcer
  - D. Outsider
25. A student witnesses bullying but remains uninvolved. This role is called:
- A. Defender
  - B. Outsider
  - C. Assistant
  - D. Ringleader
26. The student who initiates and leads bullying behavior is the:
- A. Defender
  - B. Outsider
  - C. Reinforcer
  - D. Ringleader
27. A student actively protects the victim from bullying. This role is:
- A. Defender

- B. Assistant
- C. Outsider
- D. Reinforcer

28. Which of the following behaviors best represents verbal bullying?

- A. Kicking
- B. Name-calling
- C. Stealing belongings
- D. Excluding someone

29. Which behavior is most typical of relational bullying?

- A. Punching
- B. Kicking
- C. Social exclusion
- D. Taking property

30. Which combination defines bullying?

- A. Accidental + Equal power + Occasional
- B. Intentional + Repeated + Power imbalance
- C. Intentional + Single event + Equal power
- D. Repeated + Remorse + Equal power

## CASES

Case 1:

A 13-year-old boy is repeatedly pushed by older students during recess. The students are physically stronger than him and target him every day.

What is the most important feature confirming bullying?

- A. It occurs at school
- B. Physical contact occurs
- C. Power imbalance and repetition
- D. Boys are involved

Case 2:

Two classmates argue once during a group project. Both apologize the next day and continue working together.

This situation is best classified as:

- A. Physical bullying
- B. Cyberbullying
- C. Relational conflict
- D. Emotional bullying

Case 3:

A girl creates fake social media posts using another student's account and spreads false rumors.

What type of bullying is this?

- A. Physical
- B. Verbal
- C. Cyberbullying
- D. Relational conflict

Case 4:

A school wants to determine how common bullying is among students. They distribute anonymous questionnaires asking students about their experiences.

Which assessment method is being used?

- A. Peer nomination
- B. Direct observation

- C. Self-report survey
- D. Focus group

Case 5:

A teacher notices that bullying incidents occur mostly in the playground during lunch breaks. Which step of the public health approach is this?

- A. Data collection and analysis
- B. Community intervention
- C. School-wide prevention
- D. Family intervention

Case 6:

A student joins a bullying group and directly helps the main bully intimidate another student. This student is:

- A. Reinforcer
- B. Assistant
- C. Defender
- D. Outsider

Case 7:

A student does not participate in bullying but laughs loudly whenever bullying occurs. This student is:

- A. Assistant
- B. Defender
- C. Reinforcer
- D. Target

Case 8:

A school introduces anti-bullying policies, staff training, and supervision in all areas of the school. This intervention is at which level?

- A. Individual
- B. Classroom
- C. Family
- D. School-wide

Case 9:

A child involved in bullying receives behavioral counseling and psychological assessment. This intervention belongs to:

- A. Community level
- B. Individual level
- C. Family level
- D. Society level

Case 10:

Parents are educated about recognizing bullying signs and encouraged to maintain open communication with their children.

This prevention strategy is:

- A. Family level
- B. School-wide level
- C. Community level
- D. Classroom level

ANSWER KEY

MCQs:

1-C, 2-B, 3-D, 4-D, 5-C, 6-B, 7-A, 8-C, 9-C, 10-B,

11-C, 12-B, 13-B, 14-B, 15-B, 16-C, 17-A, 18-C, 19-A,  
20-C, 21-B, 22-B, 23-D, 24-C, 25-B, 26-D, 27-A, 28-B,  
29-C, 30-B

Cases:

1-C, 2-C, 3-C, 4-C, 5-A, 6-B, 7-C, 8-D, 9-B, 10-A