



Hyper Bully Defense Student 12-Week Test

One out of every _____ kids are bullied?

How many kids miss school everyday? _____

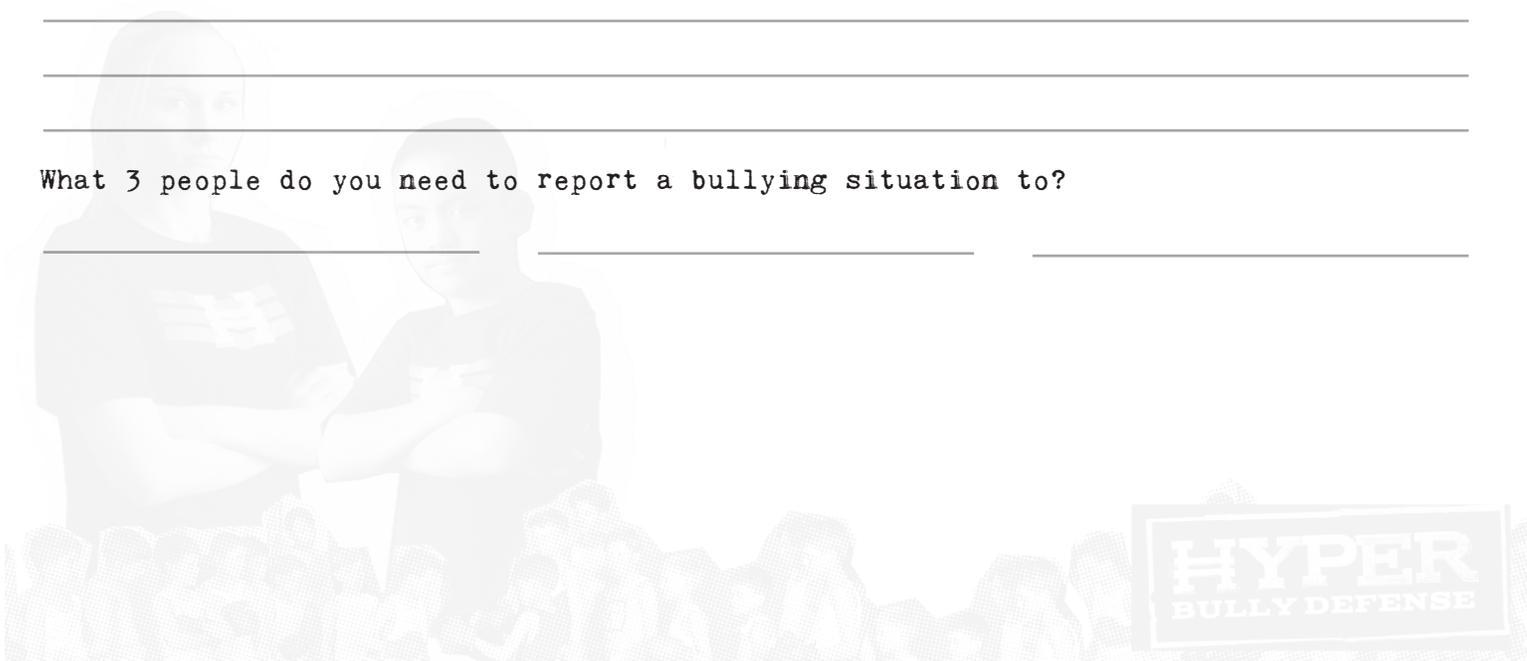
What are the 3 Ways to train yourself against bullying?

Who are the 3 people you want to respect?

What are 4 ways of bullying? (Give one example of each one)

What are 6 verbal phrases to use against people verbally bullying you?

What 3 people do you need to report a bullying situation to?





Hyper Bully Defense Student 12-Week Test

What is a very important conversation you need to have with your parents about self-defense?

What is a double bully?

What are 5 ways you can team up to end bullying in your community?





Instructor Answers to 12-Week Test

1. 4
2. 160,000
3. Spirit, Mind, Body
4. Yourself, Friends/Family, Teachers
5. Four Types of Bullying
 - Physical:** This traditional form of bullying involves acts of intending physical harm. Hitting/Striking, Pushing/Shoving, Grabbing, Knocking Down/Tripping
 - Verbal:** Name-calling and or teasing.
 - Social/Emotional:** Spreading rumors, intentionally leaving others out of activities on purpose, breaking up friendships.
 - Cyber:** Using the internet, texting, email and other digital technologies to harass, threaten and harm others.
6. Verbal Phrases
 - 1 - No one can take my spirit from me. Ignore it.
 - 2 - Ya, I have heard that before. Take their power away // Ignore it.
 - 3 - Don't say that to me anymore. Stand up.
 - 4 - Are you trying to make fun of me? Find out if they are trying to bully you.
 - 5 - Are you saying you want to fight me? Get a Yes or No Answer
 - 6 - I'm not scared of you? Win Mentally // Take Time // Scare Them
7. Friend, Parent, Teacher
8. Get your parents approval to defend yourself at school.
9. Someone who gets bullied and bullies others.
10. Team Up to End Bullying
 - Online be positive and like people's pictures and posts.
 - Online leave encouraging comments and messages for people.
 - Make a pact with friends to watch out for bullying and help each other.
 - Make friends with someone who is shy or being bullied.
 - Encourage others to become friends with someone who is shy or being bullied.
 - Pick someone who is shy or being bullied to be part of your team.
 - Stand up and tell bullies to stop making fun of someone.
 - Invite others to hang out or have lunch with you.
 - Make friends with someone that has a disability.
 - Pull someone away who is being bullied.

