



## 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?

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Who are the 3 people you want to respect?

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

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

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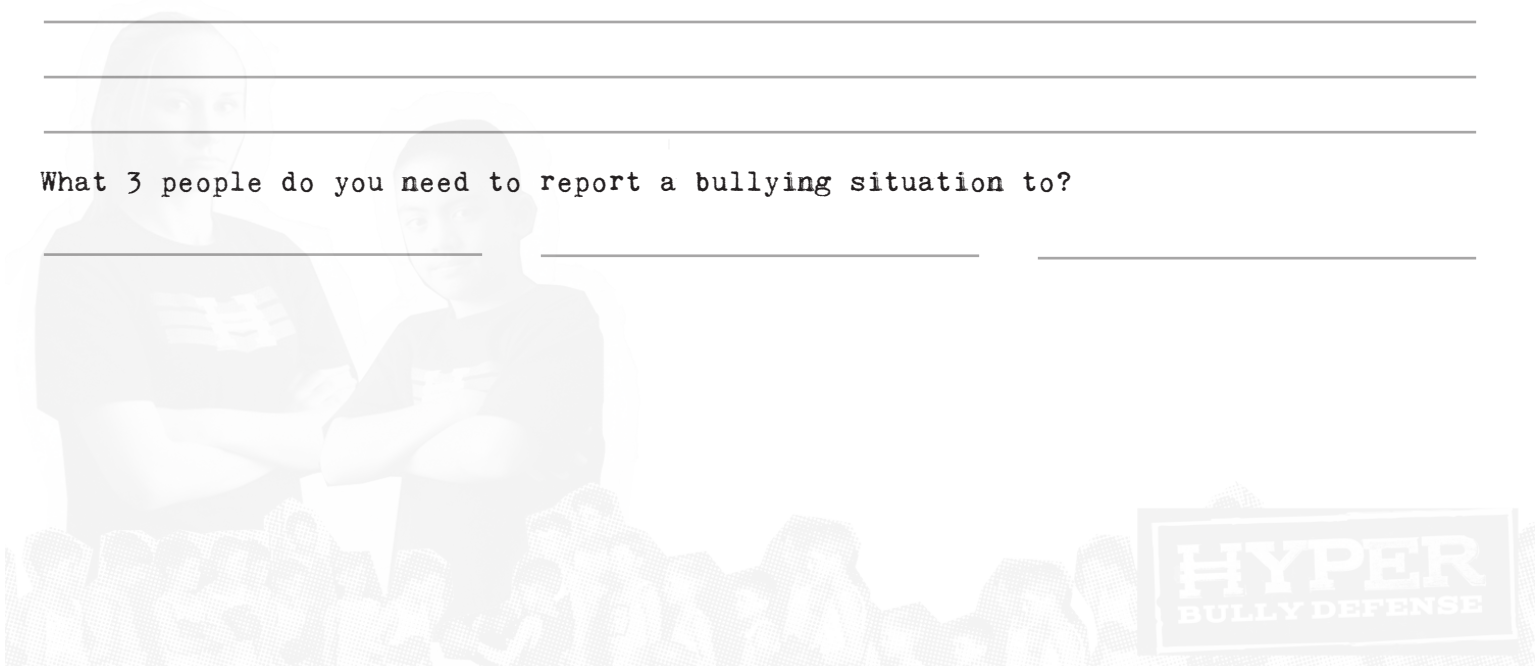
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What 3 people do you need to report a bullying situation to?

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

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What is a double bully?

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

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## 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.

