

Quiz: Bullying & Cyberbullying

Instruction page



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Activity Type

Age: 10-18+

Participation Style:
1-1 activity

Group activity

Group play solo points

Theme:

Educational, awareness

Challenge Level
EASY

Resource Format:

Quiz/Game
PDF worksheet

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General Activity Info

Bullying & Cyberbullying, true or false activity:

This activity is a true-or-false quiz designed to test and increase awareness about cyberbullying in the UK. It covers key aspects such as the definition of cyberbullying, its legal status, and its impact on mental health. The quiz also examines the responsibilities of social media platforms, the effects of cyberbullying on academic performance, and common misconceptions about who is affected. Additionally, it explores how often cyberbullying is reported and whether it is limited to young people. This activity aims to educate participants on the realities of cyberbullying and promote safer online interactions.

True or False Activity

Our True or False activity is an engaging way for you to share knowledge with participants. It can be done in a one-to-one setting or within a group. Simply print the worksheet, distribute it, and have participants answer the questions. Once they're finished or after 15 minutes, go through the answers together and discuss them in more detail.

Alternatively, you can ask the questions verbally and have participants show True or False flashcards in response. Flashcard templates are available on our website.

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Materials Needed

- A printed copy of the resource OR Flashcards.
- Pens.
- A dry-erase marker if you plan to laminate the sheet making it reusable.

4

Step by Step Instructions

- Print out the true or false quiz sheet **OR** print out our flashcards if you plan on asking the questions verbally.
- Give participants time to answer the questions. Then go through each question and their answers.

Top Tip: You could laminate the sheet and use a whiteboard pen to mark off completed tasks, making it a reusable tool for future weeks.

Quiz: Bullying and Cyberbullying

Questions	True	False
1. True or False: Cyberbullying refers to any form of bullying that happens only in the physical world, not online.		
2. True or False: In the UK, cyberbullying is legally defined and considered a criminal offense.		
3. True or False: Young people who are victims of cyberbullying are more likely to experience mental health issues such as anxiety and depression.		
4. True or False: Social media platforms and websites are not required to have mechanisms in place for reporting and dealing with cyberbullying incidents.		
5. True or False: Bullying and cyberbullying have no long-term effects on the academic performance of the victims.		
6. True or False: The majority of cyberbullying incidents in the UK are reported to parents or teachers.		
7. True or False: Children and teenagers are the only age groups affected by cyberbullying in the UK.		

Quiz: Bullying & Cyberbullying Answersheet

1. False:

Cyberbullying is any form of bullying that occurs online or through digital devices. It includes sending hurtful messages, sharing private information without consent, spreading rumours, and other forms of harassment through electronic means.

2. True:

In the UK, cyberbullying is considered a criminal offence under the Malicious Communications Act 1988 and the Communications Act 2003. If found guilty, offenders can face imprisonment, fines, or both.

3. True:

Studies have shown that young people who experience cyberbullying are more likely to suffer from mental health issues, such as anxiety and depression. The impact of cyberbullying on mental well-being is a serious concern.

4. True:

Many social media platforms and websites operating in the UK are required to have mechanisms in place for reporting and addressing cyberbullying incidents. These platforms often provide tools for users to report abusive content and behaviour.

5. False:

Bullying and cyberbullying can have significant long-term effects on the academic performance of the victims. The stress and emotional toll of being bullied can lead to difficulties in concentration, attendance, and overall performance at school.

6. False:

Unfortunately, a significant number of cyberbullying incidents go unreported to parents or teachers. Victims may fear retaliation or not know how to seek help.

7. False:

While children and teenagers are among the most affected by cyberbullying, it can impact people of all ages, including adults. Cyberbullying is an issue that can affect anyone using digital platforms.

Remember, raising awareness about bullying and cyberbullying to create a safe and supportive environment for everyone, both online and offline. If you or someone you know is experiencing cyberbullying, don't hesitate to seek help from trusted individuals or support organizations.