

Quiz: Are you being bullied?

1. Has anyone ever forced you to do something you didn't want to do? Has anyone forced you to give them something of yours (like a backpack, or your lunch) when you didn't want to do that?

YES

NO

I DON'T KNOW

2. Has someone else ever called you mean names, or have others laughed at you when you were called a mean name?

YES

NO

I DON'T KNOW

3. Has anyone ever threatened you or made you feel afraid that you would get hurt?

YES

NO

I DON'T KNOW

4. Has anyone ever used their phone to take your picture, and you felt it was really embarrassing, but they sent it to lots of other people anyway?

YES

NO

I DON'T KNOW

5. Has anyone spread rumors (said something that's not true!) about you at school or over the internet?

YES

NO

I DON'T KNOW

6. Do you feel safe when you go to the bathroom at your school?

YES

NO

I DON'T KNOW

7. Have you ever felt so scared that you didn't want to go to school?

YES

NO

I DON'T KNOW

If you said yes to any of these you might have been bullied! Here are some things that you can do:

1. **Tell an adult.** If they don't understand or listen, tell another adult. Keep telling and telling until someone believes you!
2. **Call the Childhelp Hotline®** at 1-800-4-A-CHILD (1-800-422-4453) to talk with an adult who will believe you!

Remember, you are important and special. No one has the right to hurt you or make you feel scared!