



#KindVibes Quiz: National Bullying Prevention Month

"What's Your #KindVibes score?"

Are you always kind? Sorta kind? Maybe there is room for more kindness in how you treat others. Find out how awesome your #KindVibes score is with the following quiz! Share your results with family and friends in celebration of National Bullying Prevention Month, using the #KindVibes hashtag on Facebook, Instagram and Twitter!

Example Multiple Choice Questions:

1. You see Mary yelling at Billy when he tries to sit down at the table with Mary and her friends. She does this every week, and Billy walks off sadly to sit by himself. What do you do?
 - a. Get up and sit with Billy.
 - b. Pretend nothing happened.
 - c. Tell Mary her behavior is hurtful, tell a Safe Adult about the situation, and offer to sit with Billy.
2. Sam is crying on the playground. What do you do?
 - a. Ignore Sam.
 - b. Tell a teacher that Sam needs help.
 - c. Invite Sam to sit with you and offer him a hug.
3. You overhear Jessica repeatedly making fun of the way Sarina looks. What do you say to Sarina?
 - a. "Let's go tell our teacher! She is a safe adult."
 - b. "Don't worry about it, she looks weird too."
 - c. "Let's ignore Jessica's comments."
4. People in the hallway start making fun of Natalie's weight. Should you tell an adult?
 - a. Yes, because telling a safe adult about bullying is NOT being a tattletale.
 - b. No, it's none of my business.
 - c. No. People will think I'm a snitch if I tell.
5. Which of the following should you do if you see a bully picking on someone?
 - a. Blame the person being bullied.
 - b. Use an assertive voice to tell the bully to stop.
 - c. Be a friend to the person being bullied.
6. Eric's going through the lunch line. When it's time to pay he realizes he doesn't have any more money left in his account and is given a substitute lunch. Emma starts laughing at Eric, calling him poor. What should you do?
 - a. Laugh along with Emma.



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- b. Understand how Eric feels and invite him to sit with you as you share some of your lunch.
 - c. Feel bad for Eric but don't say anything.
- 7. No one ever chooses Andrew during group projects. What should you do?
 - a. "Ask Andrew to be in your group."
 - b. "Ignore Andrew because you don't want him in your group either."
 - c. "Tell some of your classmates they should pick Andrew for their group."
- 8. Sophia repeatedly kicks Amber under her desk. Should you say anything to Sophia?
 - a. No, it's none of my business.
 - b. Yes, I will try talking to her but give up if she says anything back.
 - c. Yes, I should use an assertive voice and tell her it's not okay to hurt people.

Calculate your score:

of Red answers you chose: _____

of Green answers you chose: _____

of Blue answers you chose: _____

**If a tie occurs after counting, read both Score Results to determine which one you relate to more.*

Results:

If you chose more red answers: More #KindVibes needed

You know bullying is bad, you just need some help identifying it! You're working on being a friend who stands up to a bully instead of being a bystander. Your friends and family know you mean well and you're becoming a better friend each day!

If you chose more green answers: #KindVibes giver

You're on your way to becoming Super Kind! You know that bullying is not okay, and your heart is in the right place, you just need to step in and be an Upstander more often.

If you chose more blue answers: #KindVibes rockstar

You're a Super Kind rock star! You're a Safe Friend that people can count on if they need help. You also know to go to a Safe Adult when you see red flags of bullying. Keep doing what you're doing!

