

#KINDVIBES QUIZ

“What’s your #KindVibes score?”

Are you always kind? Sorta kind? Maybe there is room for more kindness in how you treat others or in how you stand up for others if they are being bullied or hurt. Find out how awesome your #KindVibes score is with the following quiz! Share your results with family and friends on social media using the #KindVibes hashtag on Facebook, Instagram, and Twitter to spread the kindness!

Multiple Choice Questions:

Circle the answer to describe what you would do if you were faced with each situation.

1. You see Jennifer yelling at Rosa about something at a competition. She does this a lot and to others as well. What do you do?
 - a. Get up and sit with Rosa so she's not alone.
 - b. Pretend nothing happened.
 - c. Tell Jennifer her behavior is hurtful, tell a Safe Adult about the situation, and spend more time with Rosa.
2. You notice your teammate Sam is teary-eyed one afternoon at practice. What do you do?
 - a. Ignore Sam.
 - b. Tell a coach that Sam needs help.
 - c. Invite Sam to sit with you and ask him if he wants to talk.
3. You overhear Jessica repeatedly making fun of the way Sarina looks or performs. What do you say to Sarina?
 - a. “Let's go tell coach! He is a safe adult.”
 - b. “Don't worry about it, she looks weird too.”
 - c. “Let's ignore Jessica's comments.”
4. People lately have been making fun of Natalie's weight. Would you tell an adult?
 - a. Yes, because telling a safe adult about bullying is NOT being a snitch.
 - 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 would 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 and/or tell a Safe Adult.
 - c. Be a friend to the person being bullied.



6. Jarvis is in line at the concession stand. When it's time to pay he realizes he doesn't have any more money left in his account and is unable to buy his food. Emma starts laughing at Jarvis, calling him poor. What would you do?
- a. Laugh along with Emma.
 - b. Understand how Jarvis feels and invite him to sit with you as you share some of your food.
 - c. Feel bad for Jarvis but don't say anything.
7. No one ever partners with Sonia during practice. What would you do?
- a. "Ask Sonia to be in your group."
 - b. "Ignore Sonia because you don't want her in your group either."
 - c. "Tell others they should pick Sonia for their group occasionally."
8. Jenae repeatedly intentionally trips or kicks Amber. What would you say to Jenae?
- a. Nothing, it's none of my business.
 - b. I would try telling her to stop in passive or funny ways.
 - c. I would use an assertive voice and tell her to stop that 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 below 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. Keep doing what you're doing and set an example for others!

