

A Guide to the EU BULLY Quiz app and Research Survey app



changing cyberbullying and bullying behaviour



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Partners:



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Introduction

This manual has been developed as part of the EU BULLY project (JUST/2013/DAP/AG/5364) to support teachers to address bullying with young people in schools, youth groups or other settings using two online resources developed by Zammer Ltd/TBC Digital. The project intends to make a difference within the education system in the UK, Ireland, Greece and Romania or local regions within them through:

- better trained teachers and support staff to address bullying in all its forms
- better trained staff in community environments to support young people and their parents, carers, guardians and wider family and friends networks to address bullying
- greater confidence in using drama techniques at school in and outside of the classroom to create safe places to discuss bullying and other contentious issues
- more understanding that the “classroom” can be different to the traditional concept of a classroom located within a physical building of a school and can encompass a theatre environment to offer informal learning opportunities
- offering greater flexibility for teachers to use a more diverse range of learning styles and content by using drama in education techniques and apps developed for mobile technologies
- improving the content of anti-bullying programmes on offer in schools at all levels within the compulsory education sector by adopting a whole school approach to cascading learning across the whole school curriculum
- improved knowledge of the frequency of cyber bullying taking place
- reducing the disparity in knowledge, skills and understanding between countries in the partnership in regard to bullying and its impact

EU BULLY gives a voice to those affected by bullying who may otherwise have no space to do so; to share their experiences and explore ways of overcoming bullying behaviour.

This manual has been developed as a guide for teachers to utilise the EU BULLY Quiz and research survey in their lessons as resources to support their anti-bullying approach. EU BULLY offers a blended approach - creating innovation in the virtual world alongside transfer and roll out of best practice in the use of drama in the physical world. Many anti-bullying initiatives are built upon the core philosophy of the Whole School Approach: on the assumption that bullying is a systemic problem, and, by implication, an intervention must be directed at the entire school not just at individual bullies and victims (Smith, Schneider, Smith, & Ananiadou, 2004, p. 548). This anti-bullying quiz, accessed online, is an adaptable resource for application across the school and youth groups. The 24 hour unrestricted access to content enables the quiz to also be picked up by young people on their own accord, to test their knowledge and reconsider their attitudes towards bullying, and roles of victims, bystanders and bullies.

This quiz is complemented by a research survey app also accessible online and can be downloaded as an app on to iOS and Android devices. This research tool enables young people affected by bullying to speak up about their experiences in the safety of anonymity. The number of bullying incidents online are then reported online through a database, published on the EU BULLY site, giving real time data on how widespread bullying is across Europe. View this data at WWW.EUBULLY.EU

The abuse of the internet as a modern tool for bullying has tormented millions of victims day and night. The EU BULLY apps challenges this misuse of the internet by enabling it to become a force to tackle bullying through changing attitudes and reporting the real scope and nature.

This guide has been developed by EU BULLY partnership to support teachers, parents or any professionals responsible for the pastoral care of young people.

What is the EU BULLY Quiz app?

Zammer is a learning platform for people of all ages to learn virtually about bullying through the EU BULLY content. This platform extends across the web and on mobile allowing learners access whenever and however suits them. The EU BULLY quiz tests understanding about what types of bullying take place, challenges attitudes to bullying scenarios and how to stay safe online.

Users can be self-directed, peer-directed (via competitive challenges) or teacher-directed. A learner can play against other learners independent of the platform either user may be on. This means that teachers and students have a high degree of flexibility in terms of utilising the game in class or outside school.

Content

The quiz consists of 10 topics within bullying, drawn up by the EU BULLY partners in the UK, Ireland, Greece and Romania:

- **What is bullying?**
- **The difference between teasing and taunting**
- **What consequences affect those being bullied?**
- **Why do people bully?**
- **Can a victim become a bully ? Can a bully become a victim ?**
- **What is different about a bully , a victim a bystander?**
- **What help does a bully and a victim need?**
- **cyberbullying - what is happening, staying safe online**
- **How can bystanders help?**
- **Trusting others – Who can you trust?**

The questions are multiple choice, with one correct answer that the user must identify. Given the often subjective nature of what is a right or wrong action to take, the partnership has considered, reviewed and reflected on these questions to ensure that the answers are clear and understandable to a young person completing the quiz. The content is appropriate for 11 years and over, although

the EU BULLY team will be reviewing the content and adapting to suit younger years. The questions are annexed to this guide for review.

How do Teachers make use of the EU BULLY Quiz app?

Teachers can use the EU BULLY quiz app in a number of ways within their lesson planning. The quiz works well as either an introduction or consolidation activity at the end of a session or workshop discussion on the topic of bullying. A teacher can assess their groups' current understanding and engagement in the topics within bullying by tracking the scores attained by each individual. Where students are not scoring well in certain topics, such as staying safe online, a teacher can direct the theme of their anti-bullying lesson or workshop to address this area. Equally, the game can be used simply as a supportive resource to break up face-to-face delivery, or can be set as a task to complete at home following the workshop to support reflection on the issues raised during the workshop.

How to register

You can register a whole group/class on the platform to monitor their results. Firstly, navigate to <http://zammer.co>

1. Click the buttons "Login" and then "Register"
2. Register your own user account
3. Once registered and logged in either click the "Register your school" button in the popup that appears after you register or click "Schools" in the top navigation menu.
4. Register your school

Updating your school account

Click the "Control Panel" button or navigate directly to <http://cp.zammer.co>.

To add other staff members wishing to use the EU BULLY quiz with their students:

1. Click the "Staff" menu item.
2. Enter their details of each staff member at the school in the form shown below.
3. If a user with that email address exists they will be sent a request to join the school by email.

Add Staff Member

If the staff member already has a Zammer account with the email address entered this will be used. If not a record will be created.

First Name:

Last Name:

School Name:

Email:

Add staff by inputting their registration details

The basic steps to setting up your classes

The below stages provide an outline of how to add your classes to take the quiz.

1. Go to the control panel, which will take you to your dashboard and then click 'view classes'.

Classes

You can manage your school's classes and pupils, set assignments and track progress by class or for individual pupils.

2. Enter the name of the class and hit the save button.

Add Class


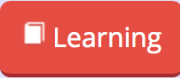
Enter the name of the class to add.

Class Name:

To manage a class

Firstly, click “View classes” in the top menu on the dashboard.

1. Click “Manage” in line with the required class.

Name	Manage	Learning
ICT-11y2 (0 pupils)		

2. Add teachers to the class by entering their name in the “Add Teachers” box and selecting their name. (The teacher must already be added to your school).
3. Select subjects by toggling the relevant switches to a tick.

yr10

Teachers

Add teacher

Subjects

EU Bully

GCSE Computing

Pupils

Reset Passwords

Subjects can be selected by clicking on the subject switches

Add your students

You can register your students to take the quiz by selecting one of the two options in the ‘Manage’ page:

1. “New” tab: Entering individual student’s details; this can be the real name or a pseudonym e.g. Pupil1, Pupil2 etc. Optional data can be entered for each student such as a username, email or unique ID.
2. “Existing” tab: Any existing students on the system will be added automatically. Users in the system but not associated with the school will be notified.

Add Pupils

Existing **New** Bulk Import

Add a pupil with the form as a new Zammer user.

*First Name

*Last Name

Unique Pupil ID:
(or leave blank)

Username:
(or leave blank)



Email:
(or leave blank)

Add students by selecting the tab 'existing' or 'new'

To schedule the EU BULLY quiz app as a homework

Once you have added in students you can set a part of the quiz, or the whole quiz, as a homework. To do this follow the below steps:

1. On the Dashboard select "View Classes", choose the required class, and click the "Learning" button.

Name	Manage	Learning
ICT-11y2 (0 pupils)	 Manage	 Learning

2. Select the EU BULLY topic, or the whole quiz, and relevant students and click "Save". In here you will also be able to select a start and end date of for each homework, number of attempts possible and play mode.

Add Assignment

Content

Mode ☒ - Free play
☐ - Exam mode

Maximum attempts
(0 = unlimited)

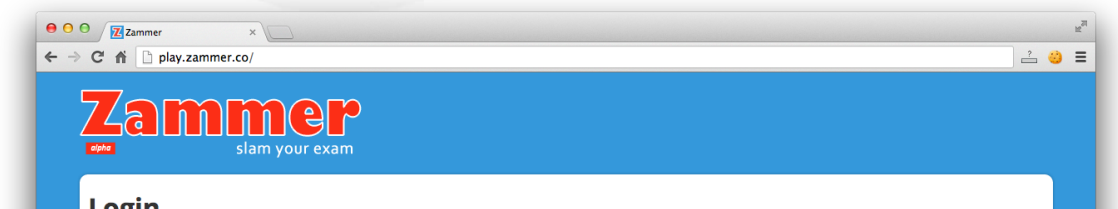
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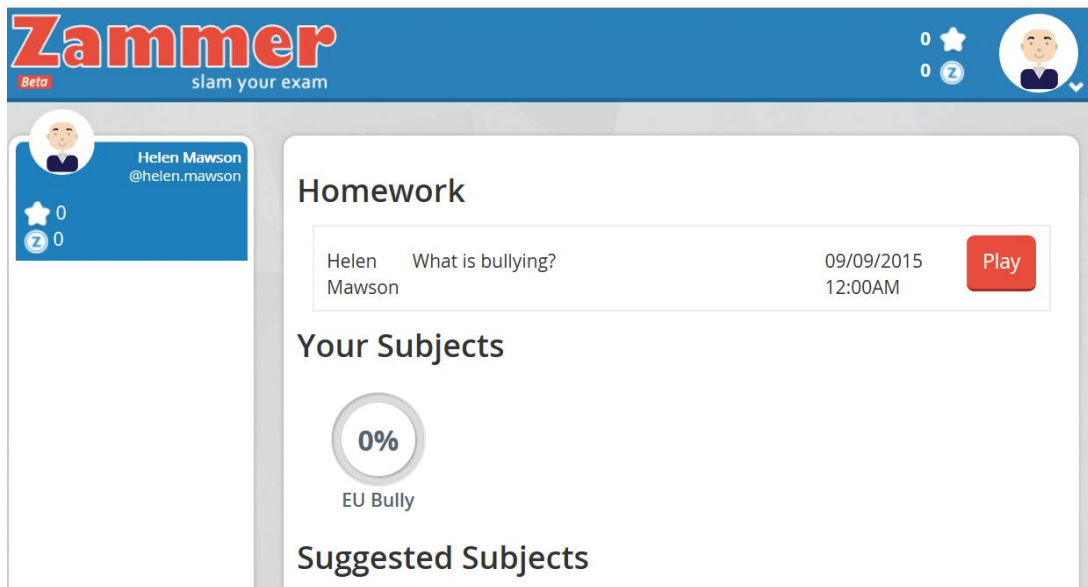
3. To view the activity within the homework click “View” in line with the relevant homework.
4. This table can be sorted by any column to give top performers, how many sessions it took and an overall mastery gained.
5. To view an individual student’s learning, click “Learning” in line with that pupil in either the class assignment results screen or the class details screen

Get your students to play

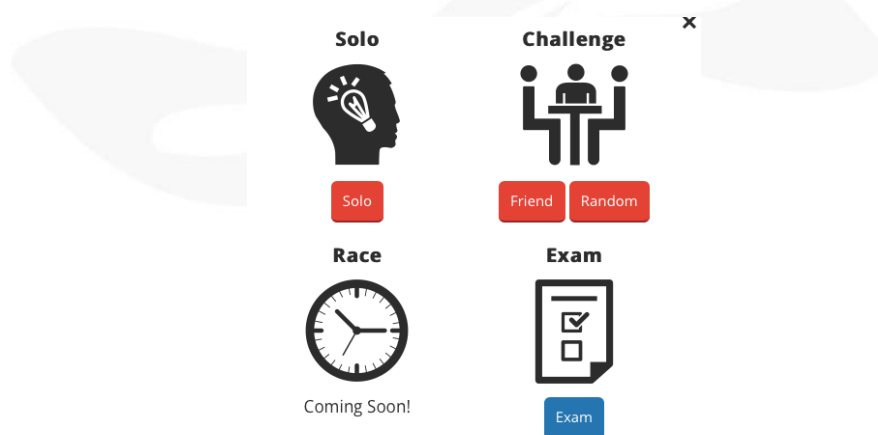
1. To get the students to access the quiz, navigate to <http://play.zammer.co>



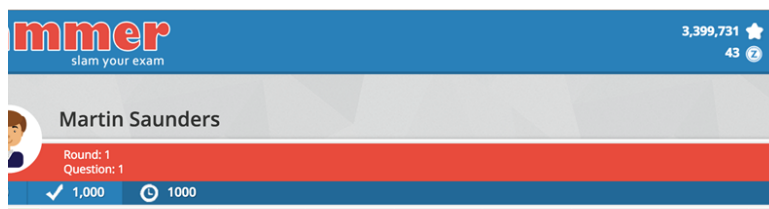
2. Get the students to login with their assigned usernames that can be found inside the teacher control panel under classes.



3. Students will see their homework assignments and be able to play.
4. Your students can play solo or play a friend by searching within the Zammer community. They can also go to the exam mode once they have mastered the learning topics.

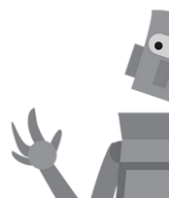


5. Once they hit 'Go!' the EU BULLY quiz game begins.



What is usually the first reaction of someone being bullied?

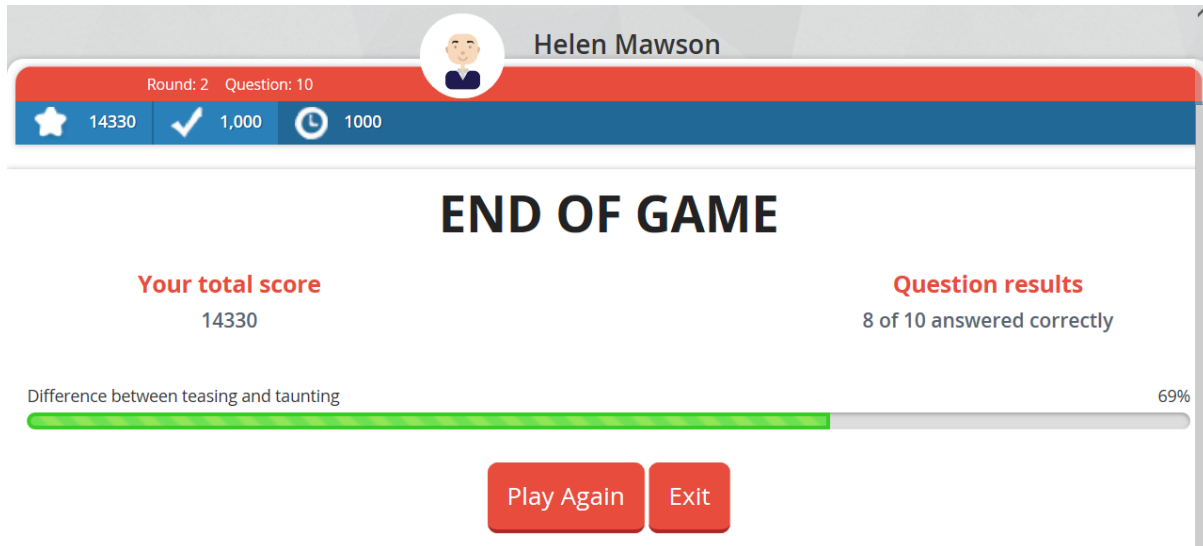
Go!



www.eubully.eu



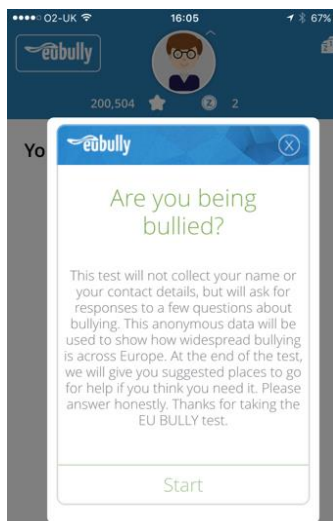
- When the quiz has been complete the results are displayed. Students can choose to play again or exit.



The EU BULLY research survey app

This research survey app is another simple, quick activity that can enhance an anti-bullying activity. It also offers young people the opportunity to contribute to a European wide research project that highlights the scope and nature of cyberbullying today. The research survey can be accessed on the Zammer platform as with the quiz, or can be downloaded on to devices as an app, enabling large-scale roll-out of the survey and a great number of responses gathered. The data collected is completely anonymous and is stored in a protected database. This resource can be used by children from 8 years and above.

- Navigate to the EUBULLY website <http://eubully.eu/research-quiz/> and answer the research questions.



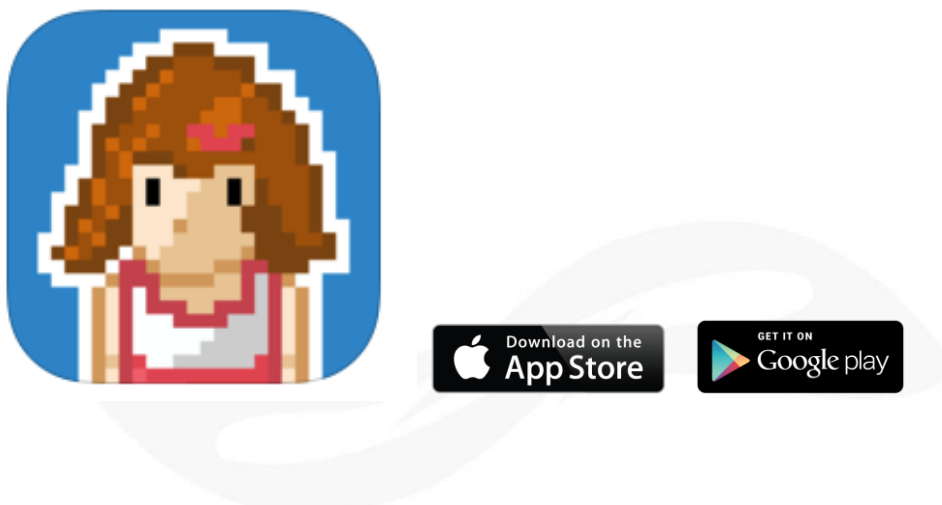
- Students can begin the survey.



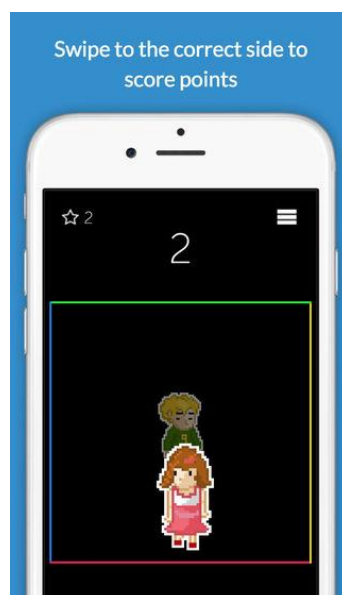
Get your students to download the EU BULLY Game and Research Survey on their devices

The Research survey is also available to download on the AppStore and Google Play. The survey is complemented with a fun, simple game to encourage the take-up of the app. The user attempts to escapes bullies by swiping to the correctly coloured side that matches the bully's shirt in this fast, frenetic game.

1. Navigate to the devices app store.



2. Download the app and play the game. Swipe the characters to the correct colour of the side that matches their clothes. The user will be asked to 'take the test' at the bottom of screen which will start the same research survey.



The EU BULLY survey on a mobile device



To help the research spread further and gain as much information as possible on cyberbullying across Europe, please add the research survey to your own website. You can do this by simply adding the code found at the following website in to one of your website pages:

<http://research.eubully.eu/>

Thank you for your support.



Annex 1

Questions

The correct answer is highlighted in red.

What is bullying?	Answer 1	Answer 2	Answer 3	Answer 4	Answer 5	Answer 6
What do you do when someone bullies you?	I would do nothing and hope it passes	I would report it to a responsible adult or teacher	I would tell a friend	I would post a comment on a social site asking the person to stop		
What would you do if someone bullies you because of the colour of your skin?	I would immediately seek help from a parent, guardian or teacher	I would put on makeup to change my skin colour	I would fight this person	I would get my friends to attack this bully		
A friend of yours has a disability and is being bullied. What should you do?	Nothing, in case I am the next victim	I would challenge the bully	I would immediately report the matter to a responsible adult	I would ask my friend to ignore it		
You are very bright at school and because of this you are being bullied. What do you do?	I would deliberately let my grades slip to fit in with everybody else	I would simply ignore the bullies	I would not do anything	I would tell my teacher		
Can I verbally attack other gamers online?	no	occasionally	yes	no harm in that		

Is bullying somebody because of their sexual orientation acceptable?	It is not acceptable	Yes if I don't like the person	Sometimes	Of course it is		
I get bullied because others think I am not very bright What do I do?	report it to someone you trust	I work harder at school	I ignore them	I pretend that it is not happening		
Bullying is to intimidate someone and have a power over someone	true	false				
Which type of bullying involves violence?	verbal bullying	cyber bullying	physical abuse			
If I am being bullied it is ok to bully others	no	yes	Sometimes			
Difference between teasing and taunting						
I am getting teased because I am not very good at sports. I should:	avoid playing sports where I can	attack the person who taunts me.	tell the person in charge of the sport	ignore them		
I am being bullied because I am overweight. What should I do?	Take up dance lessons to reduce my weight	Play more sports to get fitter	Ignore the bullies	I would tell a teacher or my parents		
When does teasing become bullying?	When someone is only nasty to people they are not friends with	the person teasing is in control of the interaction. The person teased can't	the teasing gets violent			

		control or stop it				
I am being bullied because I am quiet and shy. What should I do?	I would tell my parents/carer	I would take up karate so I could fight the bully	I would do nothing			
Can you make fun of someone without hurting their feelings?	no	yes	you can make funny comments but you must think about how it will make them feel			
Teasing is	making fun of someone's physical appearance	is a friendly and affectionate joke that both sides can join in	jokes made between friends			
You can tell that banter becomes bullying when..	You would not be able to stop it, even if you want to	it gets out of your control and it gets worse when you make comments back	the tone of voice is aggressive	all of the above		
It is ok to tease someone if you don't want to hurt them	yes	no				
My football team loses and some of my friends laugh at how bad my team is. What do I do?	Nothing it is just friendly banter, or I come back with similar comments about their team	I make personal comments about my friends	I stop being friends with them			

My team loses a match and a person uses this reason to humiliate me. What do I do?	I would ignore this person	I would fight this person	I would hope they stop	I would tell my parents		
Why do people bully?	Answer 1	Answer 2	Answer 3	Answer 4	Answer 5	Answer 6
Do people bully to gain friends?	yes	no	both yes and no			
Why do people bully?	to gain friends	because of their past	because they are nervous around the victim	to feel better about themselves	all of the above	
Which of the following could be a motive for a bully?	hurt the victim physically or emotionally	have a joke with the victim	be popular with teachers			
Which of the following is usually not a motive for a bully	Be popular with their classmates	To cause fear to the person they attack	To gain the respect of their classmates	To get to know the victim better		
Which of the following reasons do not affect the bully's behaviour?	The family environment	where they come from	Role models from television	an unsupportive family and school environment		
How does the bully usually feel when they bully?	Sadness	Loneliness	Satisfaction			
What do you think is a main characteristic of the personality of a bully?	Sensitive	Quiet	Dynamic	Shy	any of the above	

Why do some bullies use physical violence?	to take power	to be kind	to do well at school			
Which of the following behaviours are usually related to a bully?	Shyness	Sensitivity	A need to be in power			
Which of the following characteristics do you believe could be associated with a bully?	Empathy	Self-Control	Respect	Aggression		
What types of consequences affect those being bullied?	Answer 1	Answer 2	Answer 3	Answer 4	Answer 5	Answer 6
Which of the following is not likely to happen to someone being bullied:	they could face health issues	they could feel afraid to speak about it	they feel more included in a group (a class, a team etc.)	they lose interest in school activities		
What is usually the first reaction of someone being bullied?	they try to deal with alone/tell no one	they tell the school and their parents	they ask for help from friends			
Which feeling would a victim of bullying not feel?	Fear	Shame	Sadness	Joy		
The consequences of bullying:	only last as long as the duration of the incident	can affect the victim's behaviour in the long term	are not important			

Can a bullying incident affect the self-esteem of a victim?	No	Yes				
In some occasions a bullying incident could lead the victim to self-harm	That is true	That is false				
A bullying incident could affect the physical health of the victim	That is true	That is false				
A bullying incident cannot influence a person's development and personality in the long term	That is true	That is false				
A bullying incident could affect the emotional state of the victim	That is false	That is true				
Can a victim become a bully? Can a bully become a victim?	Answer 1	Answer 2	Answer 3	Answer 4	Answer 5	Answer 6
Can a person using bullying behaviour become a victim?	A bully can never become a victim	Yes, depending on the circumstances.	A person using bullying behaviour is also a victim			
Can a victim become a bully?	The victim bullies the aggressor first,	A victim won't become a bully	It depends on how the victim deals with bullying			

	so yes		behaviour			
It's ok to bully someone if you have been bullied yourself	yes	no				
A victim is too shy to bully	no, bullying experiences could build anger and aggression	that's right	victims are nice people and would never bully			
Someone takes revenge on a bully and posts a photo of them online with nasty comments. Is this bullying?	yes, the bully is now a victim	no, it is fair	it depends whether the bully regrets their actions			
Bullies will never learn to change their behaviour	with support they can stop	FALSE	TRUE			
Is it ok if a victim attacks their bully violently?	no way	they have every right to	it depends whether the bully was violent to them			
Only certain kinds of people can become bullies	FALSE	TRUE				
A victim would never become a bully	they may bully to take their anger out on someone else	that's right, they would never become a bully	they will definitely bully someone else			

bullies and victims can sometimes be similar	they may both have difficult family situations or face other problems	no, they are completely different	they have the same personality			
What is different about a bully, a victim a bystander?	Answer 1	Answer 2	Answer 3	Answer 4	Answer 5	Answer 6
What is a bully?	a bully is a person using bullying behaviour	a bully always likes to see the victim in pain				
What is a victim?	they are always affected by the bullying behaviour	a victim is generally disliked				
What is a bystander?	a person not directly involved in the bullying behaviour	they are never personally involved with the bully or victim				
If a bystander does nothing, the situation will not get worse	not true - the bully will think they can get away with it	that's right - it won't encourage the bully				
A bully is a bad person and a victim is a good person	it's not that simple	yes	no			
A bullying victim would never bully someone else	FALSE	TRUE				
A bystander is:	anyone who	someone who doesn't know the	a friend of the bully			

	witnesses bullying	bully or victim				
Who is more likely to have few or no friends?	both can find it difficult to make friends	a victim	a bully			
A bully is always popular at school	no	yes				
a bystander has nothing to do with a bullying situation	no, they should report it	it's not their business to get involved	it depends if they know the victim			
What help does a bully and a victim need?	Answer 1	Answer 2	Answer 3	Answer 4	Answer 5	Answer 6
If you found out your friend is a bully what should you do?	bully them back	say nothing	talk to them/try to make aware of the consequences	put in on Facebook		
What is a good way to stop a bully?	exclude them from school/college	isolate the bully	support the bully to think about what they are doing and how to stop			
What can you do to support someone who is being bullied?	listen to them and tell them to report it	be nasty to the bully				
If a child is being bullied at school, parents should:	Take that student out of school	Create a safety net together with the teachers and	Make a complaint against the bully's parents	Challenge the bully	Make a complaint against the school staff	tell them off for being too "soft"

		school staff				
If your friend suddenly becomes mean and bullies other people at school, what would you do?	Stop being friends with them	tell them it's ok to feel upset, but it's better to talk about it than take it out on others	Make a report to the teacher and explain what your friend is doing	Attack your friend over social media, anonymously	Tell the people being bullied how to fight back	Do nothing and let the problem pass
I think I am being bullied, but I am not sure. In order to understand, I need:	help and information from adults	help and information from peers	help and information from social media	to stay quiet and keep low	to fight back and challenge my bully	take my fear out on someone else
My parents/carers should know about bullying from:	just from me	just from my teachers	the internet is enough	Nowhere - they do not need to know	their own experiences as children	from all sources available and talking to all kinds of people
In your class there is a bullying incident and your teacher should:	forget about it, it will go away soon	punish all participants	report all involved to the Head Teacher	tell other teachers about it and have a laugh	talk about it in front of the class and punish the bully	talk to the bully and the bullied people separately and keep it private
I feel like having a laugh about this new girl from school and I want post something on her Facebook wall. I don't know what to do...	post anyway, but not with my real name	post on her wall pretending to be her so nobody knows it was me	think how she feels and imagine it was me in her place	tell a friend to post it for me	just laugh at her in school	ignore her because she is a girl and she is new
When you see someone getting bullied, you...	Walk in the other direction, and forget about it.	keep an eye on the situation for a while.	Report the incident	Join in the bullying	Record it on a phone and post it for a laugh on Facebook	Take a photo, tag the victim in the incident and then

						make it public
Your best friend does not want to play football because they think they will get hurt. Your other friends make fun of them. Do you:	Laugh with them and make fun of your friend	Tell the others that your friend is a wimp, but tell your friend that it is ok not to play	Do not say anything to anyone	Refuse to play and also claim you don't want to get hurt	Tell your friend that it is ok to have a different choice and support his decision	No friend of yours would refuse a game
What are your thoughts on using secrets/gossip/put-downs for personal enjoyment?	Everyone gossips, so it is not my fault	It is not fun to keep a secret, the secrets I know need to be shared	gossip is the reason why friends fall out and it can ruin your school experience	I listen to all secrets and collect them - who knows when they are needed...	I love my friends but once in a while I have to talk behind their backs; I can't resist	if it is on-line it does not count, so...
What can you do to stop bullying?	Ignore it	Run from the incident	Brace myself because I will be next	Set an example and decide never to be a bully	Nothing	Let adults figure it out
Cyberbullying - what is happening? Staying safe online	Answer 1	Answer 2	Answer 3	Answer 4	Answer 5	Answer 6
Is malware related to cyber-bullying?	Malware affects my software, but not my personal life at all	Yes, malware can be used to get all of my information and private details	There's no way there can be malware on my computer without my noticing	Malware can affect my computer, but not my smartphone or x-box	Not at all	
In what situation is it ok to	Only if we are	Only when they	Under no	Only if I don't talk to	If they ask me to do	

use someone else's nickname or login details?	friends and I log on to his gaming accounts	agree to let me and the website/game has no rules against it	circumstances, ever	anyone while I am logged on	it	
What can you do with the private conversations you have with your friends?	I can forward them to anyone I want, because they belong to me	It's fine if I post them on forums as long as they're not very detailed or personal	I can only show them to other friends who know both of us	Showing them to anyone at all is dangerous for both of us	I can only post them on funny websites	
What responsibilities do social media sites have?	They have to let me ignore certain people	They have to protect my privacy and investigate cyberbullying reports and materials	They have no obligations towards me at all	They have to notify my parents or guardians of any suspicious activity	They must filter dangerous content I try to post	
What are location based services?	they let social media users report their location to others via their mobile phone. Sometimes it can be switched on without you knowing	they allow me to "check in" from a specific location but it can't track me	Social networking sites only use location based services to customise adverts targeted at me	They are never turned on by default and can never be used without my knowledge or consent		

What is trolling?	when a user anonymously abuses or intimidates others online for fun and to watch the reactions.	when a user abuses or intimidates others online repeatedly so that the victim stops using the app/site	when people disagree with me online and start an argument.	any situation where someone says something bad online	trying to steal another user's identity.	
Is digital reputation important?	Digital reputation is not part of "real life" and has no relevance whatsoever	Digital reputation can be very important later on in life as an adult, but not as a teenager	A poor digital reputation can affect your friendships, relationships and job prospects - no matter what age you are	Digital reputation is impossible to ever change		
What happens to your online information?	Only I have access to it	Online information is often permanently stored and can be accessed by lots of different people	All online information is immediately public and can be seen or used by others	All online information, if not viewed or updated, is automatically deleted after a while	All my online information is seen by the police who can protect me	
What is illegal content?	Any content which you do not have permission to post	Images or descriptions of illegal products or activities	Illegal content is content which is posted under a false name	Anything that promotes or involves violence, all kinds of abuse, terrorist acts, etc.	There is no illegal content online because we all have freedom of speech	
What should you do first if someone asks you	tell the police immediately	Respond and convince them to	Don't respond and leave the chat	Give them a fake name and address so	Unplug your computer	

inappropriate questions or requests online?		give their private details	room, keeping a screenshot of evidence	that they can't trace you		
How can bystanders help?	Answer 1	Answer 2	Answer 3	Answer 4	Answer 5	Answer 6
A girl has posted a photo of another girl online and others are making nasty comments about it. What can you do?	like the photo or make your own comment	add a nasty comment about the original poster	report the photo to the site admin and to a teacher or someone you trust			
What should a bystander do when they see bullying?	ignore it	report it	join in with the bullying			
Someone sends a comment/photo about a boy you know in a group message. Are you a bystander?	yes	no	only if I respond to the message			
A girl is throwing things at someone and her friend is video recording it. You don't get involved but you laugh at it. Are you bullying too?	no	yes				
You'll know when your friend is being bullied	yes, they will say something or they will look upset	not always, they may be hiding it				

If you are not bullying someone, but you see it happen to someone, it is not your responsibility to do anything about it	no, you need to report it and support the victim	true, it's not your problem				
Someone else will report bullying so I don't need to	TRUE	It's very unlikely, but if more than one person reports it will only help				
I feel bad that someone I know is being bullied but I'm scared to tell a teacher or tutor. What can I do?	ignore the people who are bullying	talk to someone that you trust for advice or go to an online bullying support group	share it online			
if you witness physical violence in school do you:	film it and put in in Facebook	join in	report it to a member of staff	ignore it		
Trusting others – who can you trust?	Answer 1	Answer 2	Answer 3	Answer 4	Answer 5	Answer 6
If a friend tells you they are being bullied should you	tell other friends	suggest your friend tells someone they trust (e.g teacher)	tell your friend to get over it			
Who can you trust when you are being bullied?	friends that you have on Facebook/other sites	a family member or friend you feel close to	no one			

What does trust mean, when you are being bullied?	Knowing that someone you talk to will never tell anyone else	knowing that someone has your best interest at heart	having known someone for a long time			
If you think your friend is bullying someone, what should you do?	ask your friend if he or she realises how hurtful their behaviour is	trust your friend to stop acting in that way	Say nasty things to other people about your friend			
Which person can you trust?	someone who laughs about other people	a teacher/ responsible adult	A person who has also been bullied			
If someone is being bullied, but is not ready to tell someone they know, what can they do?	try to ignore it and hope it will stop	search online for charities or support groups that give free advice	post about it on Facebook or another site			
Can you trust online friends if you have never met them?	yes, better than my school friends	no way at all	be careful - you may have a good friend online, but you don't know for sure who they are			
Is there a staff member at school or college who I can trust?	no	I don't know	yes,			
If you are being bullied but do not want to tell someone you know, where could you go to get help?	there is nowhere else you can go	online sites like ChildLine	post about it on social media sites			

Are there people around you to help?	false	true				
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