



## ANTI-BULLYING BASICS

# Bullied by Friends

What is peer pressure? How can peer pressure lead to bullying? What are some strategies for overcoming peer pressure? Read *Bullied by Friends* to find out!

### What did you learn?

#### QUESTIONS

1. Bullying is ...
  - a. Single occurrences of rejection, nastiness, or spite
  - b. Unwanted, deliberately hurtful behavior that is repeated over a period of time
  - c. Random acts of aggression
  - d. One-time arguments or disagreements
2. An example of positive peer pressure is being pressured to ...
  - a. Drink alcohol
  - b. Lie on someone's behalf
  - c. Improve health or grades
  - d. Take drugs
3. An example of a nonnatural "high" is ...
  - a. Bike Riding
  - b. Marijuana
  - c. Skydiving
  - d. Zipline
4. An example of an illegal drug is ...
  - a. Alcohol
  - b. Coffee
  - c. Aspirin
  - d. Cocaine
5. What does the word *clique* mean?
6. What is *peer pressure*?

#### TRUE OR FALSE?

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|--|---|
| _____ 1. People may form a clique because they share interests.  | _____ 4. LGBT stands for lesbian, gay, bisexual, or transgender.  |
| _____ 2. In Australia, it is illegal to drink if you are under 18.   | _____ 5. If you are not sure how to help a friend, you should talk to a parent or trusted adult about it. |
| _____ 3. The younger people are when they start smoking, the more likely they are to develop a serious, smoking-related disease. | _____ 6. Services and conversations provided by a therapist or a helpline are confidential.               |



## ANSWERS

- 1. b. Unwanted, deliberately hurtful behavior that is repeated over a period of time.** According to section "What Is Bullying" on page 4, we know that "Bullying is unwanted, deliberately hurtful behavior that is repeated over a period of time." So, the correct answer is B.
- 2. c. Improve health or grades.** According to section "Negative Peer Pressure" on page 8, we know that "But if the activity provides a positive new experience or could improve your health or grades, it's positive peer pressure." So, the correct answer is C.
- 3. b. Marijuana.** According to section "Why Do People Take Illegal Drugs" on page 26, we know that "Marijuana is the most commonly used recreational drug." So, the correct answer is B.
- 4. d. Cocaine.** According to section "Why Do People Take Illegal Drugs" on page 26, we know that "There are many kinds of illegal drugs, including marijuana, cocaine, and heroin." So, the correct answer is D.
- 5.** According to page 46, the word *clique* means "a small and exclusive group of friends, often with similar interests or tastes."
- 6.** According to page 46, *peer pressure* is the "feeling that you should do, think, or say something because that's what others your age are doing."

## TRUE OR FALSE? ANSWERS

- 1. True.** According to section "In Class" on page 12, we know that "People sometimes form a clique because they share interests in certain activities, such as electronic gaming, sports, or music." So, the correct answer is True.
- 2. False.** Australian liquor laws: the legal drinking age in Australia is 18 years. So, the correct answer is False.
- 3. True.** According to section "The Smoking Habit" on page 22, we know that "The younger people are when they start smoking, the more likely they are to develop a serious, smoking-related disease." So, the correct answer is True.
- 4. True.** According to section "Young, Gay, and Under Pressure" on page 32, we know that "The letters LGBT are used to describe people who are 'lesbian, gay, bisexual, or transgender.'" So, the correct answer is True.
- 5. True.** According to section "Offering a Helping Hand" on page 38, we know that "If you're not sure how to help a friend, talk to a parent or another trusted adult." So, the correct answer is True.
- 6. True.** According to section "The Smoking Habit" on page 40, we know that "The therapist is completely separate from your life and unbiased, and your conversations will be completely confidential. Another option is to call a helpline or contact a counselor through a youth support website. These services are also completely confidential." So, the correct answer is True.