Physical Bully Quiz

1. Over the past year, have you threatened to physically hurt someone?
   1. Yes
   2. No
2. Over the past year have you hit, pushed, punched, kicked, tripped, or spit on someone?
   1. Yes
   2. No
3. Over the past year have you damaged or destroyed someone’s belongings on purpose?
   1. Yes
   2. No
4. Do you feel good about making someone else feel bad?
   1. Yes
   2. No
5. Have you ever used the fact that you are bigger than someone to intimidate them?
   1. Yes
   2. No

If you have answered yes to any of these questions then you may have been a bully.