

COULD I BE A BULLY?

Bullying is the use of force, threat, or coercion to abuse, intimidate or aggressively dominate others.
Take the quiz and find out!

- Have you teased anyone or made fun of the way they speak, look, or act?
- Have you called anyone names?
- Do you feel good when others experience hurt or failure?
- Have you spread gossip to hurt someone's reputation?
- Have you embarrassed or humiliated someone intentionally and/or in front of others?
- Do you value being seen as tough or dominant?
- Have you spread photos or rumors about others on social media or technology?
- Have you prevented others from taking part in an activity with you or a group you were a part of?
- Do you use positions of power/authority/seniority to take advantage of others?
- Do you joke about issues in a way that reinforces stereotypes (i.e. race, sexuality, abilities)?
- Do you use passive aggressiveness, violence, or threats when faced with conflict?
- Do people avoid looking you in the eye, signaling a lack of trust?
- Do you accept responsibility or blame others?
- Do you feel that you've "paid your dues," thus putting difficult work on subordinates?
- Do co-workers or friends fear speaking up in meetings?

How many did you answer yes to, even if you answered only to one – be aware that you could be perceived as a bully. Take some time to look at yourself to see how your behavior may be affecting others.

WHAT IS THE DIFFERENCE BETWEEN BEING MEAN AND BEING A BULLY?

- Mean is associated with words such as - selfish, nasty, stingy, despicable, unpleasant, disagreeable and ill tempered.
- Bullying is associated with words such as – tormentor, tyrant, intimidator and aggressor. Behavior is most common through tormenting, threats, gossip, harassment, spreading rumors and exclusion just to name a few.

**Psychology today*