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### MATEWATCH® QUIZ

IS YOUR FRIEND BEING BULLIED? IF YOU ARE WORRIED, TAKE THIS QUIZ AND SEE IF YOU CAN HELP THEM. CIRCLE THE ANSWER YOU THINK FITS BEST. TALK TO AN ADULT ABOUT THE RESULT

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| 1. They say they are afraid of someone                 | yes | no |
| 2. They try to stay away from somebody they know       | yes | no |
| 3. Looks unhappy or sad or cries at times              | yes | no |
| 4. Asks for help to stop getting hurt by someone       | yes | no |
| 5. Will not go to some places alone                    | yes | no |
| 6. Say they get nasty, abusive texts or email messages | yes | no |
| 7. They say someone takes or damages their things      | yes | no |
| 8. Says someone calls them abusive or nasty names      | yes | no |
| 9. Sometimes gets hit by someone they know             | yes | no |
| 10. Looks afraid or scared of someone                  | yes | no |
| 11. Has bruises or other signs of abuse                | yes | no |
| 12. Has heard of rumours or graffiti spread about them | yes | no |
| 13. Is afraid to ask for help from parents or teachers | yes | no |
| 14. Is afraid to go to school                          | yes | no |
| 15. Does not want to go out or be with friends         | yes | no |
| Anything else that bothers you about your friend?      |     |    |

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A majority of 'yes' answers could mean your friend is being bullied or abused. Please be sure to share your concern with an adult who can help.

