

### Relational Aggression Quiz

Circle the letter that corresponds to the correct response.

1. Which of the following behaviors would **not** typically be seen as a part of relational aggression?
  - a. social exclusion or alienation
  - b. verbal insults
  - c. physical violence
  - d. making threats
  
2. Relational aggression is defined as behaviors that harm others through damage or threat of damage to \_\_\_\_\_ or feelings of acceptance, friendship or \_\_\_\_\_.
  - a. relationships; group inclusion
  - b. self; group identity
  - c. self-esteem; family membership
  - d. emotional health; networking
  
3. Which element of the family environment listed below contributes most to relational aggression among adolescents?
  - a. Family violence
  - b. Overly permissive parents
  - c. Living in poverty
  - d. Parental divorce
  
4. What percentage of adolescents (6<sup>th</sup>-10<sup>th</sup> grade) report being involved in bullying at school?
  - a. 5%
  - b. 10%
  - c. 25%
  - d. 55%
  
5. While relational aggression can occur between any adolescent or older school-age child, it is most likely to occur between:
  - a. Boys and girls who are involved in team sports
  - b. Girls who are in highly intimate and exclusive friendships
  - c. Boys who have discipline issues in the school setting
  - d. Girls who are viewed by their peers as loners, or are socially rejected

6. Victims of aggressive behavior tend to be:
  - a. Depressed and anxious
  - b. Lonely with low self-esteem
  - c. More rejected and less accepted by peer groups
  - d. All of the above
  
7. Two values important for children and youth to learn so that they move away from acting with relational aggression are:
  - a. Sympathy and self-confidence
  - b. Empathy and forgiveness
  - c. Intelligence and socialization
  - d. Tolerance and problem-solving
  
8. A concern with girls' focus on maintaining social rules of dress and behavior among themselves is that:
  - a. they feel less able to express themselves as individuals
  - b. they will spend more money than their parents are able to afford
  - c. girls who are overweight will feel more self-conscious
  - d. they are less open to the norms and codes of behaviors from ethnic groups different than their own
  
9. Someone who watches as aggressive behavior occurs, but does nothing to help is considered a
  - a. Bystander
  - b. Collaborator
  - c. Reinforcer
  - d. Victim
  
10. What kind of effect can relational aggression have on victims?
  - a. Threatened or attempted suicide
  - b. Poor academic achievement
  - c. Complete social isolation
  - d. All of the above

11. The best thing a peer can do to prevent relational aggression is to:
  - a. Look the other way during the act of aggression, but voice quiet support behind the scenes
  - b. Stand up for the victim and be a friend
  - c. Pretend relational aggression isn't a problem and focus on other issues important to the potential victim, such as doing well in school
  - d. Help the victim find ways of retaliating and getting even with the aggressor
  - e. All of the above
  
12. Schools can decrease the amount of relational aggression that occurs by doing which of the following:
  - a. Increasing teachers' knowledge about relational aggression
  - b. Creating respectful classroom environments and school climate
  - c. Promoting the respect of individual differences among students
  - d. Enforcing school policies on school bullying
  - e. All of the above
  
13. One characteristic of girls who are aggressors in demonstrations of relational aggression is that they
  - a. Possess superior social competence.
  - b. Demonstrate high intelligence
  - c. Are good at athletics
  - d. Develop earlier than their peers
  
14. Relational aggression can have negative consequences for the victim, but research to date has found no conclusive lasting negative impacts on the aggressor.
  - a. True
  - b. False
  
15. Relationally aggressive children may demonstrate high levels of intimacy and self-disclosure in their relationships in order to later gain control over their friends.
  - a. True
  - b. False
  
16. Relational aggression is a normative behavior in adolescence and is short-lived.
  - a. True
  - b. False

17. Involvement in school activities can be a factor in the decline of relationally aggressive behavior.
- True
  - False
18. The behaviors involved in acts of relational aggression are those displayed in face to face situations. Interactions on the telephone, internet or other forms of technology would not be considered ways that relational aggression would be demonstrated.
- True
  - False
19. Relational aggression is more likely to be observed in youth having low socioeconomic status.
- True
  - False
20. Changing the environment is easier than changing the individual; either the perpetrator or the victim of relational aggression.
- True
  - False

#### Demographics Questions

21. What is your gender?
- Male
  - Female
22. What is your age? \_\_\_\_\_ years

23. Have you seen the film “Mean Girls” (2004) ?
  - a. Yes
  - b. No
  
24. If yes, when did you most recently view the film?
  - a. Within last 6 mos.
  - b. 6 mos. to a year ago
  - c. More than one year
  
25. While growing up, have you had any personal experiences with relational aggression?
  - a. No
  - b. Not with relational aggression, but with other forms of bullying
  - c. Yes (*If yes, and IF you feel comfortable, would you share a couple sentences about your experience?*)

ID: \_\_\_\_\_

A

Answer Key:

1. C
2. A
3. B
4. B
5. B
6. D
7. B
8. A
9. A
10. D
11. B
12. E
13. A
14. B
15. B
16. B
17. A
18. B
19. B
20. A