

NAME _____ DATE _____

How to Handle it When People Say Mean Things – Test Your Skills

(You're going to need to know this in the future to feel happier and safer.)

Directions: Use your journal (or a post it) to write your answers.

1. True or False: In the video, the speaker mentions that one way to respond to mean comments is to tell the person they are right and then walk away.

___ True ___ False

2. What is the main challenge faced by the children in the video when dealing with mean comments?

- A) Making fun of others' appearances or abilities
- B) Feeling confused about how to respond to bullies
- C) Dealing with physical fights at school

3. How does the speaker suggest using the phrase "You're right" in response to mean comments?

- A) To show appreciation
- B) To confuse the person doing the teasing
- C) To make the situation worse

4. Why does the speaker advise against lashing out when someone says something negative about you?

- A) It shows confidence
- B) It leads to fights
- C) It gives control to the other person

5. How does the speaker suggest showing kindness and compassion while standing your ground?

- A) Offer a hug
- B) Apologize to the person saying mean things
- C) Ask if the person is okay

6. What does the speaker recommend doing if someone keeps making mean comments even after you respond calmly?

- A) Engage in an argument
- B) Walk away
- C) Try to reason with them



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7. Why does the speaker emphasize the importance of practicing emotional responses before engaging with mean-spirited individuals?

- A) To prepare for physical confrontations
- B) To improve emotional intelligence skills
- C) To win arguments

8. Name at least three helpful adults that the video suggests you get help from in situations like these:

- A) Teachers
- B) Principal
- C) School Counselor
- D) Parents
- E) All of the above



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ANSWERS

1. True or False: In the video, the speaker mentions that one way to respond to mean comments is to tell the person they are right and then walk away.

Answer: True

2. What is the main challenge faced by the children in the video when dealing with mean comments?

- A) Making fun of others' appearances or abilities
- B) Feeling confused about how to respond to bullies
- C) Dealing with physical fights at school

Answer: B) Feeling confused about how to respond to bullies

3. How does the speaker suggest using the phrase "You're right" in response to mean comments?

- A) To show appreciation
- B) To confuse the person doing the teasing
- C) To make the situation worse

Answer: B) To confuse the person doing the teasing

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- A) It shows confidence
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Answer: C) It gives control to the other person

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Answer: C) Ask if the person is okay

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- A) Engage in an argument
- B) Walk away
- C) Try to reason with them

Answer: B) Walk away

7. Why does the speaker emphasize the importance of practicing emotional responses before engaging with mean-spirited individuals?

- A) To prepare for physical confrontations
- B) To improve emotional intelligence skills
- C) To win arguments

Answer: B) To improve emotional intelligence skills

8. Name at least three helpful adults that the video suggests you get help from in situations like these:

- A) Teachers
- B) Principal or vice-principal
- C) School Counselor or coach
- D) Parents
- E) All of the above

