



ARE YOU BEING BULLIED AT SCHOOL?

Use this free assessment test and show it to someone who can help you.

'Whodunit Exercise'

1. The bully:

Chief bully 1 Bully 2

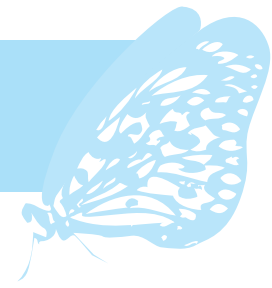
Bully 3 Bully 4

Bully 5 *(Include their grade next to their name.)*

- Teases, calls me names, says something as I walk past.....
- Pushes, punches, hits, kicks, threatens, pinches, knocks me.....
- Leaves me out, talks behind my back, spreads nasty gossip, gives threatening looks, threatens, breaks my belongings....
- Sends mean text messages, emails and cyber lies about me to other kids...

2. I think that:

- The bully is fooling around and doesn't mean to upset me yes/no
- The bully enjoys hurting me yes/no
- Just follows the chief bully yes/no
- Is still my friend yes/no
- Was my friend yes/no
- Bullies other kids too yes/no
- Became a bully after our disagreement yes/no



3. I am bullied(fill in what applies to you)

Every day.....

Once a week.....

Once a month.....

Beginning of school year or semester.....

I have been bullied at these schools

.....
(Mention different states/ countries)

I have been bullied for years

4. This is where I am bullied: draw map.....

- Home----walk/bicycle/car/bus/train/boat/ tram----school
- School: Classroom--office--library--hall--change rooms--lockers--toilets—sports oval--laneways--football field--tennis courts--swimming pool--yard—canteen
- Local community: Shopping mall, movies, playground, after school activities eg tennis, swimming, football.



5. This is what I say and do when I am bullied:

eg 'I say the same thing back.' 'I pretend I didn't hear.' 'I am scared to lose my friends so I don't tell them how I feel.'

.....

.....

.....

6. The students who witnessed the bullying...

- While it was happening they
- Students who tried to help me were
- While it was happening my friends did
- Who else is being bullied?.....

7. I reported it to the school: When? Where? How often?

- These teachers were helpful.....
- These teachers were unsympathetic.....
- These teachers tried but weren't successful



8. What actions did the school take?

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- Did it stop some or all of the bullying?.....
- Did it do nothing?.....
- Did it make it worse?.....

9. Have I involved my parents?

- I told my parents and they.....
- They stopped the bullying by.....
- I'm scared that they will make it worse if they report it, so I haven't told them.
- If it doesn't stop I will keep reminding them to go to the school.

10. What else is happening at school?

e.g. your teacher is away for awhile, your teacher can't stop bullying, everyone is upset by a school tragedy,

- Spread malicious rumours?
- Make fun of or use sarcasm?
- Exploit and humiliate staff publicly or privately?
- Control freak- micro-manage, intimidate?
- Ignore your verbal and non-verbal feedback,
- Lacks empathy, enjoys target's powerlessness, fear, anger and tears?



- Sabotage or prevent employees fulfilling their work requirements?
- Single out a few targets?
- Attack or exclude successful achievers?
- Bullies to show their power and maintain their status?
- Protect non-threatening, lazy but compliant employees?
- Hide their incompetencies by blaming the target for problems?
- Nice to your face but nasty behind your back?
- Bullies people with less power and sucks up to those with more?
- Uses convincing, compulsive lies?
- Bullies to hide fraud or mismanagement?
- Avoid any requests to resolve conflicts?
- Has a history of bullying behaviours?
- Denigrate workplace bullying and harassment training sessions?
- Control your work environment by bullying?
- Harass people who are emotionally or physically vulnerable or injured?