Whodunnit 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

School Bullying

Are you being bullied at school? Take a free assessment test

# *Bullying behaviours checklist:*

**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?…………….**

* 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, school policies not implemented,

**11. How is the bullying affecting you?**

**Does it affect you physically, eg headaches, sore stomach, often sick?**

**Is your concentration or school work affected?**

**Do you become more easily upset, angry, sad, anxious, depressed, scared, terrified?**

**Is your social life affected?**

**Do you feel that you are not the same person anymore?**

**12. Get help**

If you have replied “yes” to a few points in question 11, then get help from friends, other students , your parents, teachers and a psychologist/ counsellor.

**Read Bully Blocking and do some research on the web, you may be able to get some useful suggestions from organizations and self help groups.**

**Move schools**

It if is really bad then move schools.

Don’t worry about your losing your friends, they haven’t helped you anyway, which is what friends should do.

If they were too scared too help, but still like you, then you can meet them afterwards. When you move schools, you can make new and better friends!

Good luck!

Evelyn

Use this space to write or draw any other thoughts, feelings or memories, experiences you have….

Reflection space