



“BULLYING AND YOU” ACTIVITY SHEET

About you—(Circle one): Female or Male Age _____ Grade _____

Bullying at School—Please answer the questions as directed:

1. Have you ever been bullied by other students (during any school year)?
Circle your answer (circle only one) **YES** **NO**
2. During which school year were you most troubled by bullying? Write a grade in the blank space.
Worst grade for bullying _____. (It doesn't have to have occurred at this school.)

0 = has not happened this past month
1-2 = has happened 1 or 2 times this past month
3-4 = has happened 3 or 4 times this past month
More = has happened more often than 4 times this past month

Remember, circle 1, 2, 3 or 4, depending on how often these things have happened over the past month. All of the items and questions refer to what happens to you at school or on the way to and from school:

1. How often have you been bullied at school over the past month?
(circle only one): 0 1-2 3-4 more
2. How often have you been physically attacked, over the past month (at school)?
That is, how often have you been hit, kicked, punched, pinched, tripped, or something like these?
(circle only one): 0 1-2 3-4 more
3. How often have you been touched by someone in a way you did not like over the past month (at school or on the way to and from school)?
(circle only one): 0 1-2 3-4 more
4. How often have you been teased over the past month (at school)?
(circle only one): 0 1-2 3-4 more
5. How often during the past month has someone said something cruel to you either at school or on the way to and from school?
(circle only one): 0 1-2 3-4 more
6. During the past month, how often has someone excluded you on purpose? That is, how often has someone kept you out of things you'd like to do?
(circle only one): 0 1-2 3-4 more
7. How often over the past month has someone played a practical joke on you?
(circle only one): 0 1-2 3-4 more
8. How often over the past month has someone left you out of activities or refused to play or socialize with you?
(circle only one): 0 1-2 3-4 more