

bullying questionnaire



Find out about bullying in your school or organisation

Find out what children and young people think about bullying using the Anti-Bullying Alliance's *Tell Us About Bullying* questionnaire.

The questionnaire will help you to find out about where and when bullying happens, why it happens and if your policies and procedures are working effectively. Collecting this information is the first step towards involving children and young people in finding solutions to bullying.

The questionnaire is designed so that you can photocopy it or download it from our website, and ask children and young people to complete it. The questions on the form have been tried and tested with children and young people, and it is designed so that you can easily analyse the responses.

Things to consider

There are several things you should consider before you carry out a survey among children and young people using the *Tell Us About Bullying* questionnaire.

- Any questionnaire about bullying must be carried out anonymously - tell children and young people that they must not put their names on the questionnaire. Be very clear about this point. Do make sure that the class can be identified if more than one class is completing the survey.
- Some children taking part in the survey may be being bullied or be reminded of a time when they were bullied. Tell all children and young people who they can talk to in your organisation and where else they can get help and support, such as phoning ChildLine on 0800 1111.
- Some children and young people may write on the questionnaire to tell you that they are being bullied and ask for help. Have an adult set aside time to go through the completed questionnaires soon after they are handed

in and check for any requests for help. If someone does say they need help, identify the child's class and go in and talk to the whole class about the importance of telling someone if they are being bullied. Identify 'someone to tell' and develop some appropriate work with the class as a whole.

- Make sure that children and young people are clear about the definition of 'bullying'. Before they start the survey, make sure they understand that bullying can be physical or verbal, that it is not a one-off act of aggression but is repeated and that it can make the person being bullied feel alone, helpless and angry.
- Make arrangements to include children who may have difficulties in answering the questionnaire on their own. You could arrange for them to work with an adult in a small group, break the questionnaire into manageable sections or read the questions out to them.
- Everyone likes to know the results of a survey they have been involved in. Explain to the children and young people how the information will be used and what feedback they will get. Involve the children and young people in discussing and deciding what needs to be done as a result of the survey.
- If you conduct a survey soon after, or during a campaign to raise awareness, this may cause an increase in reported bullying and it may therefore appear that there is more bullying than before. Use this survey as a baseline and then repeat it every year or so in the same term to track trends and assess the effectiveness of any anti-bullying action you are taking. (September is not a suitable month to conduct a survey as Year 7 pupils will be too new to the school.)

Tell Us About Bullying

Please do not put your name on this form anywhere. You are allowed to tell us anything you want to.

We would like to know what you think about bullying in your school or organisation. Your answers to the questions below will help us to stop bullying. If the answer you want to give is not given, use the space provided to write in your own answer.

Tell us about yourself

a. I am a

Boy

Girl

b. I am _____ years old.

c. I am in _____ class.

1. Have you ever been bullied ?

(please tick one box)

No, I have never been bullied

Yes, I have been bullied a little bit

Yes, I have been bullied a lot

2. When were you bullied ?

(you can tick more than one box)

I have never been bullied

A long time ago

Last year

Last term

Last month

Last week

3. What kind of bullying was it ?

(you can tick more than one box)

I have never been bullied

Called names

Left out or excluded by other children

Punched or pushed

Nasty stories told about me

Asked to give up money or belongings

Being sent nasty text messages or emails

Forced to do something I didn't want to do

Teased about the way I look

Called gay (whether or not it's true)

Because of my religion

Because of my ethnicity or race

Other _____

4. Where did the bullying happen ?

(you can tick more than one box)

I have never been bullied

In a classroom

In the corridors

In the dinner hall

In the playground

On the way to or from school

Other _____

5. Who did you tell that you were being bullied ?

(you can tick more than one box)

- I have never been bullied
- I told no-one
- An adult at school
- Another adult
- A friend
- An older boy or girl
- My parent or carer
- My brother/sister
- A peer supporter
- I phoned a helpline
- Other _____

6. What happened then ?

(you can tick more than one box)

- I have never been bullied
- Something was done that stopped the bullying
- Something was done but it didn't stop the bullying
- Something was done but it made the bullying worse
- Nothing was done but the bullying stopped anyway
- Nothing was done and the bullying carried on
- Other _____

7. What else did you do about being bullied ?

(you can tick more than one box)

- I have never been bullied
- I fought back
- I stuck up for myself without fighting
- I took no notice
- I tried to keep away from the bullies
- I stayed away from school
- I dealt with it myself
- I made new friends
- I did nothing
- Other _____

8. If you have been bullied and you told someone...

What did they do that was helpful? _____

What would you like them to have done differently? _____

9. Do you know about your school's anti-bullying policy ?

(please tick one box)

- Yes
- Sort of
- No

10. Do you think what your school does about bullying is working ?

(please tick one box)

- Yes
- In some ways
- No

11. What else do you think your school could do to stop bullying ?

12. Is there anything else you want to tell us about bullying ?

Thank you for answering these questions.

If you are being bullied, whether in school or somewhere else, try to find someone you trust to talk to about it, or phone ChildLine on 0800 1111.

Collation and analysis

Once the questionnaires have been completed, you will need to collate and analyse the responses. Children and young people may be able to help do this as part of their curriculum work in maths or statistics. If you do this, make sure that all questionnaires are completely anonymous and that they do not see any names or 'help messages'.

Disseminate and discuss the findings as widely as possible - with the school's senior leadership team, the school council, the governing body, parents and

carers and relevant members of the community. Involve all parties - including children and young people - in deciding what action should be taken, given the findings.

Make sure that you communicate the action that you take to children, young people, their families and staff. You can also use the findings as evidence of your action to address bullying as part of the school self-evaluation for Ofsted.

Members of the Anti-Bullying Alliance

ABA Members

Act Against Bullying

Action for Inclusion

Actionwork

Association of Teachers & Lecturers (ATL)

Barnardo's

Beat Bullying

The Big Dave Roadshow

Brighton and Hove LEA

Bully Free Zone

ChildLine

Children's Legal Centre

Children's Society in Rochdale

Commission for Racial Equality

ContinYou

Coram Family

Council for Disabled Children

County Durham Anti-bullying Service

CSV Education for Citizenship

Educational Action Challenging Homophobia (EACH)

Educational Consulting

fpa

FSU

Goldsmiths College

Jenny Mosley Consultancies

Kidscape

Learning Through Landscapes

Leicestershire Education Psychology Service

Life Education Centres

Lucky Duck Ltd

Massage in Schools Association

Mencap

Miss Dorothy.com

NASUWT

National Association of Head Teachers

National Association of Social Workers in Education

National Children's Bureau

NCH

National Health Education Group (NHEG)

National Healthy School Standard

Norfolk County Council

North Somerset Council

Nottinghamshire Police

NSCOPSE

NSPCC

Overton Grange School

Parentline Plus

PGL Travel Limited

Princess Royal Trust for Carers

Rotherham Metropolitan Borough Council

Safer Custody Group

Save the Children

School's Out!

SCOPE

Secondary Heads Association

Stonewall

Sutton LEA

UK Observatory for the Promotion of Non-Violence

Victim Support

YoungMinds

Young Transnet

Young Voice

Youth Development Service

Youth Justice Board for England and Wales

YWCA England and Wales

Links to the websites of all ABA members can be found on the ABA website www.anti-bullyingalliance.org

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