

Bullying Checklist

"I think I am being bullied..."

A tool for discussing allegations of bullying with children

Type of Bullying	Please Tick:
Physical (<i>hitting, punching, kicking, pinching, pulling etc.</i>)	
Verbal abuse (<i>name calling</i>)	
Online/Social Media (<i>Instagram, Facebook, Xbox Live etc.</i>)	
Spreading rumours	
Being forced to do something	
Not respecting personal belongings (<i>taking/hiding belongings etc.</i>)	
Leave me out on purpose	
Gender	
Racial/religious (<i>comments about skin colour/religious beliefs etc.</i>)	
Cultural/Homophobic	
Other	

This has happened/is happening...			
<input type="checkbox"/> Once	<input type="checkbox"/> Occasionally	<input type="checkbox"/> Every Week	<input type="checkbox"/> Every Day

How long has this been going on for?

Details of the incident(s) - Who? What? Where? When?
<ul style="list-style-type: none">• <i>Who:</i>• <i>What:</i>• <i>Where:</i>• <i>When:</i>

Have you reported this before? Who did you talk to?