

## **The Personal Experiences Checklist**

Name:	Date:

Thinking about the last month or so at school, how often do the following things happen? Please circle the best response.

1.	Other kids play nasty jokes on me where I might get hurt or injured	Never	Rarely	Some- times	Most days	Every day
2.	The other kids ignore me on purpose.	Never	Rarely	Some-	Most	Every
				times	days	day
3.	Other kids try to turn my friends against me.	Never	Rarely	Some-	Most	Every
				times	days	day
4.	Other kids say nasty things to me on an instant messenger, chat room or bulletin board.	Never	Rarely	Some-	Most	Every
				times	days	day
5.	Other kids make fun of my language.	Never	Rarely	Some-	Most	Every
				times	days	day
6	Other kid tease me about things that aren't true.	Never	Rarely	Como	Most	
6.				Some- times	days	Every day
				umes	uays	uay
7. C	Other kids punch me.	Never	Donolu	Some-	Most	Every
		Nevel	Rarely	times	days	day
8.	Other kids make fun of my culture.	Never	Donaltz	Some-	Most	Every
		Never	Rarely	times	days	day
0	Other kids make prank calls to me.	NT	Rarely	Some-	Most	Every
9.		Never		times	days	day
10	Other kids threaten me over the phone.	Never	Rarely	Some-	Most	Every
10.				times	days	day
	Other kids tell people not to hand around with me.	Never	Rarely	Some-	Most	Every
11.				times	days	day
12.	Other kids won't talk to me because of where I'm from	Never	Rarely	Some-	Most	Every
				times	days	day
10	Other kids make death stares at me.	Never	Rarely	Some-	Most	Every
13.	Other Rius make death stares at me.	Never		times	days	day
14	. Others kids say nasty things to me by SMS.	Novor	Rarely	Some-	Most	Every
14.		Never		times	days	day
15	. Other kids tell people to hit me.	Novor	Rarely	Some-	Most	Every
15.		Never		times	days	day
16.	Other kids send me nasty emails	Never	Rarely	Some-	Most	Every
				times	days	day
17	Other kids kick me.	Never	Rarely	Some-	Most	Every
17.				times	days	day
10	Other kids say mean things about me behind my back.	Never	Rarely	Some-	Most	Every
18.				times	days	day
19.	Other kide make rude gestures at me	Never	Rarely	Some-	Most	Every
	Other kids make rude gestures at me.			times	days	day
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20. Other kids say they'll hurt me if I don't do things for them.	Never	Rarely	Some- times	Most days	Every day
21. Other kids shove me.	Never	Rarely	Some- times	Most days	Every day
22. Other kids say nasty things about me on websites.	Never	Rarely	Some- times	Most days	Every day
23. Other kids wreck my things.	Never	Rarely	Some- times	Most days	Every day
24. Other kids send me computer viruses on purpose.	Never	Rarely	Some- times	Most days	Every day
25. Other kids ease me about my voice.	Never	Rarely	Some- times	Most days	Every day
26. Other kids trip me over.	Never	Rarely	Some- times	Most days	Every day
27. Other kids tell people to make fun of me.	Never	Rarely	Some- times	Most days	Every day
28. Other kids call me names because I'm a bit different.	Never	Rarely	Some- times	Most days	Every day
29. Other kids hit me.	Never	Rarely	Some- times	Most days	Every day
30. Other kids harass me over the phone.	Never	Rarely	Some- times	Most days	Every day
31. Other kids make fun of my friends.	Never	Rarely	Some- times	Most days	Every day
32. Other kids call me names because I can't do something.	Never	Rarely	Some- times	Most days	Every day

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