

## The Personal Experiences Checklist

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|--------------|--------------|
| <b>Name:</b> | <b>Date:</b> |
|--------------|--------------|

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 | Sometimes | Most days | Every day |
| 2. The other kids ignore me on purpose.  | Never | Rarely | Sometimes | Most days | Every day |
| 3. Other kids try to turn my friends against me.   | Never | Rarely | Sometimes | Most days | Every day |
| 4. Other kids say nasty things to me on an instant messenger, chat room or bulletin board. | Never | Rarely | Sometimes | Most days | Every day |
| 5. Other kids make fun of my language.   | Never | Rarely | Sometimes | Most days | Every day |
| 6. Other kid tease me about things that aren't true.                                       | Never | Rarely | Sometimes | Most days | Every day |
| 7. Other kids punch me.  | Never | Rarely | Sometimes | Most days | Every day |
| 8. Other kids make fun of my culture.  | Never | Rarely | Sometimes | Most days | Every day |
| 9. Other kids make prank calls to me.  | Never | Rarely | Sometimes | Most days | Every day |
| 10. Other kids threaten me over the phone.   | Never | Rarely | Sometimes | Most days | Every day |
| 11. Other kids tell people not to hand around with me.                                     | Never | Rarely | Sometimes | Most days | Every day |
| 12. Other kids won't talk to me because of where I'm from                                  | Never | Rarely | Sometimes | Most days | Every day |
| 13. Other kids make death stares at me.  | Never | Rarely | Sometimes | Most days | Every day |
| 14. Others kids say nasty things to me by SMS.   | Never | Rarely | Sometimes | Most days | Every day |
| 15. Other kids tell people to hit me.  | Never | Rarely | Sometimes | Most days | Every day |
| 16. Other kids send me nasty emails  | Never | Rarely | Sometimes | Most days | Every day |
| 17. Other kids kick me.  | Never | Rarely | Sometimes | Most days | Every day |
| 18. Other kids say mean things about me behind my back.                                    | Never | Rarely | Sometimes | Most days | Every day |
| 19. Other kids make rude gestures at me.   | Never | Rarely | Sometimes | Most days | Every 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 tease 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 |