

The Personal Experiences Checklist

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

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