

The Personal Experiences Checklist – Scoring

Name:	Date:
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Factor 1: Relational-Verbal Bullying

- Other kids say mean things behind my back
- Other kids try to turn my friends against me
- Other kids tell people not to hang around with me
- Other kids tease me about things that aren't true
- Other kids ignore me on purpose
- Other kids call me names because I can't do something
- Other kids make rude gestures at me
- Other kids tell people to make fun of me
- Other kids call me names because I'm a bit different
- Other kids make fun of my friends
- Other kids make death stares at me

Factor 2: Cyber-bullying

- Other kids say nasty things to me by SMS
- Other kids threaten me over the phone
- Other kids send me nasty e-mails
- Other kids harass me over the phone
- Other kids say nasty things about me on websites
- Other kids send me computer viruses on purpose
- Other kids say nasty things about me on an instant messenger or chat room
- Other kids make prank calls to me

Factor 3: Physical Bullying

- Other kids hit me
- Other kids punch me
- Other kids kick me
- Other kids shove me
- Other kids trip me over
- Other kids tell people to hit me
- Other kids say they'll hurt me if I don't do things for them
- Other kids wreck my things
- Other kids play practical jokes on me

Factor 4: Bullying based on culture

- Other kids make fun of my language
- Other kids make fun of my culture
- Other kids tease me about my voice
- Other kids won't talk to me because of where I'm from

Scoring

- 0 – never
- 1 – rarely
- 2 – sometimes
- 3 – most days
- 4 – every day