



RETROSPECTIVE BULLYING QUESTIONNAIRE

The following questions are about bullying. BULLYING IS INTENTIONAL HURTFUL BEHAVIOR. IT CAN BE PHYSICAL OR PSYCHOLOGICAL. IT IS OFTEN REPEATED AND CHARACTERIZED BY AN INEQUALITY OF POWER SO THAT IT IS DIFFICULT FOR THE VICTIM TO DEFEND HIM/HER SELF.

All answers will be treated confidentially.

ARE YOU MALE FEMALE

AGE: _____

PLEASE THINK BACK TO YOUR SCHOOL DAYS. YOU MAY HAVE SEEN SOME BULLYING AT SCHOOL, AND YOU MAY HAVE BEEN INVOLVED IN SOME WAY. (Tick the choice which best describes your own experiences at school)

- I was not involved at all, and I never saw it happen
- I was not involved at all, but I saw it happen sometimes
- I would sometimes join in bullying others
- I would sometimes get bullied by others
- At various times, I was both a bully and a victim

CAN YOU BRIEFLY DESCRIBE AN INCIDENT IN WHICH YOU OBSERVED SOMEONE ELSE BEING BULLIED OR AN INCIDENT IN WHICH YOU FELT YOU WERE BULLIED?

This part deals with your experiences at primary school (4 - 11 years).

1. Did you have a happy time at primary school?

detested disliked neutral liked a bit liked a lot

2. Did you have a happy time at home with your family while in primary school?

detested disliked neutral liked a bit liked a lot

THE NEXT QUESTIONS ARE ABOUT PHYSICAL FORMS OF BULLYING - HITTING AND KICKING, AND HAVING THINGS STOLEN FROM YOU.

3. Were you physically bullied at primary school?

hit/punched yes no
stolen from yes no

4. Did this happen

never rarely sometimes frequently constantly

5. How serious did you consider these bullying-attacks to be?

I wasn't bullied not at all only a bit quite serious extremely serious

THE NEXT QUESTIONS ARE ABOUT VERBAL FORMS OF BULLYING - BEING CALLED NASTY NAMES, AND BEING THREATENED.

6. Were you verbally bullied at primary school?

called names yes no
threatened yes no

7. Did this happen

never rarely sometimes frequently constantly

8. How serious did you consider these bullying-attacks to be?

I wasn't bullied not at all only a bit quite serious extremely serious

THE NEXT QUESTIONS ARE ABOUT INDIRECT FORMS OF BULLYING - HAVING LIES OR NASTY RUMOURS TOLD ABOUT YOU BEHIND YOUR BACK, OR BEING DELIBERATELY EXCLUDED FROM SOCIAL GROUPS.

9. Were you indirectly bullied at primary school?

had lies told about you yes no
excluded yes no

10. Did this happen

never rarely sometimes frequently constantly

11. How serious did you consider these bullying-attacks to be?

I wasn't bullied not at all only a bit quite serious extremely serious

THE NEXT QUESTIONS ARE ABOUT BULLYING IN GENERAL.

12. How long did the bullying attacks usually last?

I wasn't bullied just a few days weeks months a year or more

13. How many pupils bullied you in primary school?

I wasn't bullied
Mainly by one boy
By several boys
Mainly by one girl
By several girls
By both boys and girls

14. If you were bullied, why do you think this happened?

Please turn the page.

This part deals with your experiences at secondary school (11-18 years)

15. Did you have a happy time at secondary school?

detested disliked neutral liked a bit liked a lot

16. Did you have a happy time at home with your family while in secondary school?

detested disliked neutral liked a bit liked a lot

THE NEXT QUESTIONS ARE ABOUT PHYSICAL FORMS OF BULLYING - HITTING AND KICKING, AND HAVING THINGS STOLEN FROM YOU.

17. Were you physically bullied at secondary school?

hit/punched yes no
stolen from yes no

18. Did this happen

never rarely sometimes frequently constantly

19. How serious did you consider these bullying-attacks to be?

I wasn't bullied not at all only a bit quite serious extremely serious

THE NEXT QUESTIONS ARE ABOUT VERBAL FORMS OF BULLYING - BEING CALLED NASTY NAMES, AND BEING THREATENED.

20. Were you verbally bullied at secondary school?

called names yes no
threatened yes no

21. Did this happen

never rarely sometimes frequently constantly

22. How serious did you consider these bullying-attacks to be?

I wasn't bullied not at all only a bit quite serious extremely serious

THE NEXT QUESTIONS ARE ABOUT INDIRECT FORMS OF BULLYING - HAVING LIES OR NASTY RUMOURS TOLD ABOUT YOU BEHIND YOUR BACK, OR BEING DELIBERATELY EXCLUDED FROM SOCIAL GROUPS.

23. Were you indirectly bullied at secondary school?

had lies told about you yes no
excluded yes no

24. Did this happen

never rarely sometimes frequently constantly

25. How serious did you consider these bullying-attacks to be?

I wasn't bullied not at all only a bit quite serious extremely serious

THE NEXT QUESTIONS ARE ABOUT BULLYING IN GENERAL.

26. How long did the bullying-attacks usually last?

I wasn't bullied just a few days weeks months a year or more

27. How many pupils bullied you in secondary school?

I wasn't bullied
Mainly by one boy
By several boys
Mainly by one girl
By several girls
By both boys and girls

28. If you were bullied, why do you think this happened?

Please turn the page.

PART III: GENERAL EXPERIENCES AT SCHOOL

29. Which were the main ways you used to cope with the bullying?
(Please tick one or more options)

- I wasn't bullied at school
- I tried to make fun of it
- I tried to avoid the situation
- I tried to ignore it
- I fought back
- I got help from friends
- I got help from a teacher
- I got help from family / parents
- I tried to handle it by myself
- I did not really cope
- Other

30. Did you ever take part in bullying anyone while you were at school?
(Please tick one or more options)

- | | | | | |
|-----------------|-----|--------------------------|----|--------------------------|
| hit/punched | yes | <input type="checkbox"/> | no | <input type="checkbox"/> |
| stolen from | yes | <input type="checkbox"/> | no | <input type="checkbox"/> |
| called names | yes | <input type="checkbox"/> | no | <input type="checkbox"/> |
| threatened | yes | <input type="checkbox"/> | no | <input type="checkbox"/> |
| told lies about | yes | <input type="checkbox"/> | no | <input type="checkbox"/> |
| excluded | yes | <input type="checkbox"/> | no | <input type="checkbox"/> |

31. Did this happen

- | | | | | |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| never | rarely | sometimes | frequently | constantly |

32. How often did you try to avoid school by pretending to be sick or by playing truant because you were being bullied?

- I wasn't bullied at school
- Never
- Only once or twice
- Sometimes
- Maybe once a week
- Several times a week

Please turn the page.

33. When you were being bullied, did you ever, even for a second, think about hurting yourself or taking your own life?

I wasn't bullied at school

No, never

Yes, once

Yes, more than once

34. Have you been bullied since leaving school?

I haven't been bullied since leaving school

I have been bullied by my family

I have been bullied by others (please specify): _____

Please turn the page.

RECOLLECTIONS OF BEING BULLIED AT SCHOOL

(Only answer those questions, if you were bullied):

35. Do you have vivid memories of the bullying event(s) which keep coming back causing you distress?

no never not often sometimes often always

36. Do you have dreams or nightmares about the bullying event(s)?

no never not often sometimes often always

37. Do you ever feel like you are re-living the bullying event(s) again?

no never not often sometimes often always

38. Do you ever have sudden vivid recollections or 'flashbacks' to the bullying event(s)?

no never not often sometimes often always

39. Do you ever feel distressed in situations which remind you of the bullying event(s)?

no never not often sometimes often always

40. If you were bullied, do you feel it had any long-term effects? If so, please describe below:

Please turn the page.

THE NEXT QUESTIONS ARE ABOUT BULLYING OR HARASSMENT IN THE WORKPLACE.

41. Have you ever experienced bullying in your workplace?

- I wasn't bullied in my workplace
- I was bullied in one of my previous jobs
- I was bullied in more than one of my previous jobs
- I have been bullied in my present job
- I have been bullied in all of my jobs

42. Please state whether you have been bullied at work over the last six months?

- No Yes, several times per month
- Yes, very rarely Yes, several times per week
- Yes, now and then Yes, almost daily

43. IF YES, when did the bullying start?

- Within the last 6 months Between 6 and 12 months ago
- Between 1 and 2 years ago More than 2 years ago

44. IF you have been bullied, what did you do?

(Please tick one or more options)

- Tried to avoid the situation
- Tried to ignore it
- Confronted the bully
- Went to the union/staff association
- Went to personnel
- Discussed it with colleagues
- Went to occupational health
- Went to the welfare department
- Saw my doctor (GP)
- I went for counseling
- I got psychiatric help
- Made use of the organisation's grievance procedure
- I left the job
- Did not really cope
- Other

THANK YOU VERY MUCH FOR YOUR CO-OPERATION.

**TEAR OFF THIS SHEET IF YOU WANT TO KEEP IT
FOR YOURSELF, OR FOR ANYONE ELSE**

If you want to talk to someone about your experiences, please don't hesitate.

Listed below are helplines and (website) addresses. It is not a full list of organisations but they should provide sufficient help for bullying and crisis situations.

The Samaritans

10 The Grove

Slough

Berkshire SL1 1QP

Tel 01753 216500 or 0345 909090

e-mail jo@samaritans.org/

on the web: <http://www.samaritans.org.uk/>

Cris, PO Box 90 90

Stirling, FK8 2SA

The Samaritans provide confidential emotional support for anyone in crisis. They can be contacted by telephone, face-to-face visit, letter or e-mail. Trained volunteers will listen to your bullying story without judging you or telling you what to do.

British Association for Counselling

1 Regent Place

Rugby

Warwickshire

CV21 2PJ

tel 01788 578328

fax 01788 562189

e-mail bac@bac.co.uk

Members of the BAC have experience of a wide range of counselling. Write enclosing an SAE for a list of counsellors in your area.

National Workplace Bullying Advice Line

Dept C5

PO Box 67

Didcot

Oxon OX11 0YH

Advice line 01235 834 548

Fax 01235 861721

<http://www.successunlimited.co.uk/>

Websites on bullying:

BBC BULLYING SURVIVAL GUIDE <http://www.bbc.co.uk/education/bully/>

Provides information, guidelines for dealing with all aspects of bullying, a help and resources list and accounts of celebrities who were bullied when they were at school.

BULLY ONLINE <http://succesunlimited.co.uk/>

Tim Field shares his insight into workplace bullying. Lots of information and many useful links.