



## Bullying Checklist

**I think I am being bullied.....**

A tool for discussing allegations of bullying with pupils

Type of Bullying	Please tick
Physical (hitting, punching)	
Verbal abuse (name calling)	
Spreading rumours	
Being forced to do something	
Not respecting personal belongings	
Leave me out on purpose	
Texting/email/website	
Gender	
Racial/religious	
Cultural/Homophobic	
Other	

This is happening	Please tick
Once	
Now and Then	
Every Week	
Every Day	

How long has this been going on for?

Who? What? Where? When?

Have you reported this incident before? Who did you talk to?