# Student Survey: Bullying at School

## Information for teachers

It is important students have clear understanding of what bullying is before completing the survey. It is recommended that the following information is shared with students in a way that best suits the age level and context of the students being surveyed. For more information and advice about bullying, see, [Bully Stoppers](https://www.education.vic.gov.au/about/programs/bullystoppers/Pages/default.aspx).

## What is bullying?

Bullying can happen at school, at home or online. It is never okay, and it is not a normal part of growing up. There is a new nationally agreed definition of bullying which all Australian schools now use:

Bullying is an ongoing and deliberate misuse of power in relationships through repeated verbal, physical and/or social behaviour that intends to cause physical, social and/or psychological harm. It can involve an individual or a group misusing their power, or perceived power, over one or more persons who feel unable to stop it from happening.

Bullying can happen in person or online, via various digital platforms and devices and it can be obvious (overt) or hidden (covert). Bullying behaviour is repeated, or has the potential to be repeated, over time (for example, through sharing of digital records).

Bullying of any form or for any reason can have immediate, medium and long-term effects on those involved, including bystanders. Single incidents and conflict or fights between equals, whether in person or online, are not defined as bullying.

The 3 main features of bullying are:

* the misuse of power in a relationship
* it is ongoing and repeated
* it involves behaviours that can cause harm.

## What is not bullying?

There are also some behaviours, which, although they might be unpleasant or distressing, are not bullying:

* **mutual conflict**- which involves a disagreement, but not an imbalance of power. Unresolved mutual conflict can develop into bullying if one of the parties targets the other repeatedly in retaliation
* **single-episode acts** of nastiness or physical aggression, or aggression directed towards many different people, is not bullying
* **social rejection or dislike** is not bullying unless it involves deliberate and repeated attempts to cause distress, exclude or create dislike by others.

## What is an upstander?

An upstander is a person who speaks or acts in support of an individual or cause, particularly someone who intervenes on behalf of a person being bullied.

There are lots of ways you can have someone’s back and be an upstander. Being an upstander isn’t the same as dobbing. Dobbing is when you deliberately try to get someone into trouble. Being an upstander, and having someone’s back, is about doing something to help someone who is being bullied even if that means telling a teacher or another trusted adult.

There are lots of good reasons why it’s good to have someone else’s back. Not only will you be supporting someone, you will be a role model to others.

Thank you for completing this survey. Your answers will help us know if there is bullying in our school / year level / class and better understand how to prevent it.

If there is a question you are unsure about, please ask insert name.

If anything on the survey makes you feel uncomfortable or worried, you can see insert name.

1. What year level are you in?

Foundation

Year 1

Year 2

Year 3

Year 4

Year 5

Year 6

Year 7

Year 8

Year 9

Year 10

Year 11

Year 12

1. What is your gender?

Enter answer here

1. Bullying is a misuse of power, ongoing and repeated and involves behaviours that causes harm. Have you been bullied at school? (If no, go to question 15)

Yes

No

1. How many people have been involved in the bullying? (Please tick one box)

1 person

Between 1 and 3 people

More than 3 people

1. How many times do you think you have been bullied in the past week and the past month? (Please tick in the appropriate boxes)

|  |  |  |  |
| --- | --- | --- | --- |
|  | 1 - 5 times | 5 - 10 times | 10 + times |
| In the past week |  |  |  |
| In the past month |  |  |  |

1. Where does the bullying usually happen? (Please tick one box or more)

Playground/schoolyard

In class

Canteen

Toilets

Library

Hallway

Lockers

During sport

Gym change room

Waiting for the teacher before class

Traveling to and from school

Online (e.g. Instagram, TikTok, Facebook, Skype)

Via email

Via mobile (calls or text messages)

Other: Enter answer here

1. Are the students involved in the bullying…(Please tick one box)

in your class

in your year level, but not in your class

in another year level

outside the school or from another school

1. If you are being bullied by a student in another year level, please indicate their year level.

Foundation

Year 1

Year 2

Year 3

Year 4

Year 5

Year 6

Year 7

Year 8

Year 9

Year 10

Year 11

Year 12

1. What kind of bullying are you experiencing?

Physical (pushing, tripping etc)

Verbal/written (insulting, ridiculing, mimicking)

Threatening gestures, staring

Social (excluding someone, gossiping)

Psychological (spreading rumours, threatening looks)

Cyberbullying (bullying online or by digital device)

Racist bullying (bullying someone because of race or culture)

Homophobic or transphobic (bullying because of sexuality or gender expression)

1. Who do you tell when someone bullies you?

Class teacher

Teacher on yard duty

Other teacher

Principal or Assistant Principal

Wellbeing coordinator/ counsellor/ chaplain

Integration aide/ support person

Parent/ carer

Sibling

Friends at school

No one

Other: Enter answer here

1. When you have told a person about being bullied, were they...?  
   (Please tick in the appropriate boxes.)

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | No help/did nothing | A bit helpful | Not sure | Helpful | Very helpful |
| Class teacher |  |  |  |  |  |
| Teacher on yard duty |  |  |  |  |  |
| Other teacher |  |  |  |  |  |
| Principal or Assistant Principal |  |  |  |  |  |
| Wellbeing coordinator/ counsellor/ chaplain |  |  |  |  |  |
| Integration aide/ support person |  |  |  |  |  |
| Parent/ carer |  |  |  |  |  |
| Sibling |  |  |  |  |  |
| Friends at school |  |  |  |  |  |
| No one |  |  |  |  |  |
| Other |  |  |  |  |  |

1. What did they do to help?

Organised for someone from wellbeing team to meet with you

Helped you identify your strengths

Told you to ignore it

Set up a mediation meeting with you and the student

Had a meeting with parents/carers

Helped you make friends with other students

Was more visible in the school yard or place where you are being bullied

Other: Enter answer here

1. Has the bullying stopped?

Yes

No

1. If it has stopped, how recently did it stop?

Less than 1 month

Between 1 and 3 months

More than 3 months ago

1. Have you seen someone else being bullied?

Yes

No

1. While it can be hard to see someone being bullied in person or online, it’s even harder to be the person being bullied. Do you know about upstander behaviour and what you can do to help?

Yes

No

1. Have you or someone you know been an upstander recently?

Yes, me

Yes, someone else

No

1. What did you or the person you saw being an upstander do?

Tried to be a friend to the person being bullied

Shifted the focus

Left the situation, then acted

Called out the bullying

Asked a trusted adult for help

Didn’t like or share mean posts or pictures

1. If you saw someone being bullied but you couldn’t be an upstander, can you tell us why?

I didn’t know about being an upstander

I was worried what would happen to me if I did

I’m not friends with the person being bullied

1. How successful do you think your school is at dealing with bullying?

My school is….. at dealing with bullying

Terrible

Not good

Unsure

Good

Very good

1. Do you know about our school’s Bullying Prevention and Support Policy?

Yes

No

1. What would make you feel safe from bullying at school?

Enter answer here

1. What are we doing at our school to make it a safe place for you?

Enter answer here

1. What else could our school to about bullying and to help you feel safe?

Enter answer here

1. Do you have anything else you would like to tell us about bullying at school?

Enter answer here

## Want some help or have some questions?

If you have been bullied or know someone who is being bullied it can be really upsetting. There is a lot of support available You could talk to a trusted adult at home or at school.

You can also get help and information from the following services:

Headspace [eheadspace Support | headspace](https://headspace.org.au/eheadspace/?gclid=CjwKCAjw9aiIBhA1EiwAJ_GTSo39KB0a93HiomzwwJRQCT0Bu-lTxuRcvNx_f55T7IBufO6XazJbshoCHj0QAvD_BwE&gclsrc=aw.ds)

Kids Helpline [Kids Helpline | Phone Counselling Service | 1800 55 1800](https://kidshelpline.com.au/?gclid=CjwKCAjw9aiIBhA1EiwAJ_GTSjbjyZw27YYhBdtuLDEj7ZvfjCrw_ioO6v2AQwjI9kKlNzkXoFBKnBoCiOgQAvD_BwE)

Reach Out [Welcome to ReachOut.com | ReachOut Australia](https://au.reachout.com/)

Racism hotline – call: 1800 722 476 [Reporting religious or racial discrimination and abuse in schools (education.vic.gov.au)](https://www.education.vic.gov.au/parents/going-to-school/Pages/discrimination-schools.aspx)