

STUDENT SURVEY

Bullying at School

Advice to 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](#).

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.

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.

Bullying



MISUSE OF POWER
ONGOING AND REPEATED
BEHAVIOURS THAT CAN CAUSE HARM

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.

Thank you for completing this survey

Your answers will help us know if there is bullying in our school and better understand how to prevent it.

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

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

- Online (e.g. Instagram, TikTok, Facebook, Skype)
- Via email
- Via mobile (calls or text messages)
- Other:

1. What year level are you in?

- F 1 2 3 4 5 6
- 7 8 9 10 11 12

2. What is your gender?

3. 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

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

- 1 person
- Between 1 and 3 people
- More than 3 people

5. 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 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| In the past month | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

6. 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

7. 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

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

- F 1 2 3 4 5 6
- 7 8 9 10 11 12

9. 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)

10. 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:

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

	No help	A bit helpful	Not sure	Helpful	Very helpful
Class teacher	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Teacher on yard duty	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other teacher	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Principal or Assistant Principal	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wellbeing coordinator/ counsellor / chaplain	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Integration aide/ support person	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Parent/carer	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sibling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Friends at school	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
No one	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

12. 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:

13. Has the bullying stopped?

- Yes
- No

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

- Less than 1 month
- Between 1 and 3 months ago
- More than 3 months ago

15. Have you seen someone else being bullied?

- Yes
- No

16. 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

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

- Yes, me
- Yes, someone else
- No

18. 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

19. 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

20. 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

21. Do you know about our school's Bullying Prevention and Support Policy?

- Yes
- No

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

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

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

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

**NEED SOME
HELP?**

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 [ehespace Support](#) | [headspace](#)

Kids Helpline [Kids Helpline](#) | [Phone Counselling Service](#) | 1800 55 1800

Reach Out [Welcome to ReachOut.com](#) | [ReachOut Australia](#)

Racism hotline – call: 1800 722 476 [Reporting religious or racial discrimination and abuse in schools \(education.vic.gov.au\)](#)