

ERASMUS + KA229

Everybody deserves a fair chance

(Romania, Greece, Italy, Finland, Czech Republic)

Bullying and Cyberbullying Questionnaire

Time you started questionnaire

The questionnaire is confidential and no one in your school will know what you have answered. It is also anonymous, so please don't put your name on it. If you do not want to answer any questions, then leave them out but we would be most grateful if you could answer as fully as possible.

Please answer the following questions as truthfully as you can.

Thanks

About you:

Are you a Boy/Male or a Girl/Female?

- Boy/Male
- Girl/Female

Age:

Where do you live?

- Romania
- Greece
- Italy
- Finland
- Czech Republic
- Large city
- Town
- Village/ruralcommunity

About mobile phones and access to the internet:

- Do you have a mobile phone? Yes No
- Do you have any computers linked to the internet in your home? (For this question you can cross several answers)
- No, we don't have a computer linked to the internet in our home
- Yes, in my room
- Yes, in the living room
- Yes, elsewhere: where? ((Please write here).....)
- Do you have access to the internet outside your home?
- No
- Yes. Can you tell us where? (Please write here).....

Now we want to ask you some questions about your experiences of bullying and cyberbullying but it is important to be clear what these words mean.

" **Bullying** is behaviour carried out by an individual, or a group, which is repeated over time in order to hurt, threaten or frighten another individual with the intention to cause distress. It is different from other aggressive behaviour because it involves an imbalance of power which leaves the victim defenceless.

" **Cyberbullying** is a new form of bullying which involves the use of mobile phones (texts, calls, video clips) or the internet (e-mail, instant messaging, chat rooms, websites) or other forms of information and communication technology to deliberately harass, threaten, or intimidate someone.

We would like to know about your experience of bullying and cyberbullying wherever it happens in or out of school.

First, we'd like you to answer some questions on traditional types of bullying (this doesn't include cyberbullying).

The next five questions are about **direct forms of bullying**, which include hitting, tripping up, taking belongings, name calling and taunting (perhaps about race, gender, sexuality or disability) to someone in person, face to face.

1: Have you been directly bullied in the last two months?

- I haven't been directly bullied in the last two months
- It has only happened once or twice
- Two or three times a month
- About once a week
- Several times a week or more

2: How did you feel when someone directly bullied you in the last two months? (For this question you can cross several answers):

- I haven't been directly bullied in the last two months
- Embarrassed
- Worried
- Upset
- Afraid and scared
- Alone and isolated
- Defenceless, no one can do anything about it
- Depressed
- Stressed
- It doesn't bother me
- Angry
- Other (Please write

here).....

3: Have you directly bullied someone in the last two months?

- I haven't directly bullied anyone in the last two months
- It has only happened once or twice
- Two or three times a month
- About once a week
- Several times a week or more

4: Have you seen or heard of anyone else being directly bullied in the last two months?

- I haven't seen or heard of anyone else being directly bullied in the last two months
- It has only happened once or twice
- Two or three times a month
- About once a week
- Several times a week or more

5: What did you do when you saw, or heard about, someone being directly bullied in the last two months? You can cross either the first answer:

- I haven't seen or heard of any direct bullying in the last two months
- Or, you can cross several answers:
- I completely ignored the direct bullying
- I tried to get a friend or group of friends to help the person being directly bullied
- I tried to stop the bully
- I told an adult about the direct bullying
- I comforted the person being directly bullied
- I made fun of the person being directly bullied
- I watched but didn't do anything
- Other (Please write here)

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The next five questions are about **indirect forms of bullying**, which include telling lies or spreading false rumours about someone behind their back, sending mean notes to try and make someone disliked, or excluding someone from a social group on purpose. Again, this doesn't include cyberbullying.

6: Have you been indirectly bullied in the last two months?

- I haven't been indirectly bullied in the last two months
- It has only happened once or twice
- Two or three times a month
- About once a week
- Several times a week or more

7: How did you feel when someone indirectly bullied you in the last two months? (For this question you can cross several answers)

- I haven't been indirectly bullied in the last two months
- Embarrassed
- Worried
- Upset

- Afraid and scared
- Alone and isolated
- Defenceless, no one can do anything about it
- Depressed
- Stressed
- It doesn't bother me
- Angry
- Other (Please write here)

8: Have you indirectly bullied someone in the last two months?

- I haven't indirectly bullied anyone in the last two months
- It has only happened once or twice
- Two or three times a month
- About once a week
- Several times a week or more

9: Have you seen or heard of anyone else being indirectly bullied in the last two months?

- I haven't seen or heard of anyone else being indirectly bullied in the last two months
- It has only happened once or twice
- Two or three times a month
- About once a week
- Several times a week or more

10: What did you do when you saw, or heard about, someone being indirectly bullied in the last two months? You can cross either the first answer:

- I haven't seen or heard of any indirect bullying in the last two months
- Or, you can cross several answers:
- I completely ignored the indirect bullying
- I tried to get a friend or group of friends to help the person being indirectly bullied
- I tried to stop the bully
- I told an adult about the indirect bullying
- I comforted the person being indirectly bullied
- I made fun of the person being indirectly bullied
- I watched but didn't do anything
- Other (Please write here)

The next questions are about your experiences of **cyberbullying**.

First, we will ask you about bullying through mobile phone (or internet) use and then we will ask you about bullying using the internet.

Examples of bullying **using a mobile phone** are:

- sending or receiving upsetting phone calls (e.g. malicious prank calls)
- taking, sending or receiving unpleasant photos and/or videos using mobile phones (e.g. being flamed, happy slapping etc) or internet.
- sending or receiving abusive text messages by mobile phone or internet

11: Have you been bullied through mobile phone (or internet) use in the last two months?

- I haven't been bullied through mobile phone (or internet) use in the last two months
- It has only happened once or twice
- Two or three times a month
- About once a week
- Several times a week or more

12: How did they bully you through mobile phone (or internet) use in the last two months? (For this question you can cross several answers):

- I haven't been bullied through mobile phone (or internet) use in the last two months
- Using text messages
- Using multimedia texts (multimedia, photos, videos, happy slapping)
- Using phone calls
- In another way (Say how - please write here).....

13: How did you feel when someone bullies you through mobile phone (or internet) use in the last two months? (For this question you can cross several answers):

- I haven't been bullied through mobile phone (or internet) use in the last two months
- Embarrassed
- Worried
- Upset
- Afraid and scared
- Alone and isolated
- Defenceless, no one can do anything about it
- Depressed
- Stressed
- It doesn't bother me
- Angry
- Other (Please write here)

14: If you have been bullied through mobile phone (or internet) use in the last two months and you know who the person is, can you tell us which class they are in? (For this question you can cross several answers):

- I haven't been bullied through mobile phone (or internet) use in the last two months
- In my class
- In a different class but in the same year
- In another year (older or younger)
- I know them but they are not in my school
- I don't know who bullied me

15: If you have been bullied through mobile phone use (or internet) in the last two months and you know who the person is, can you tell us if they are a girl or boy? (For this question you can cross several answers):

I haven't been bullied through mobile phone use (or internet) in the last two months

- Mainly by one girl
- By several girls
- Mainly by one boy
- By several boys
- By both boys and girls
- I don't know who bullied me

16: How long has the bullying through mobile phone (or internet) use lasted?

- I haven't been bullied through mobile phone (or internet) use in the last two months
- It lasted one or two weeks
- It lasted about a month
- It has lasted about six months
- It has lasted about a year
- It has gone on for several years

17: What have you done if someone bullied you through mobile phone (or internet) use in the last two months? (For this question you can cross several answers)

- I haven't been bullied through mobile phone (or internet) use in the last two months
- I felt helpless
- I ignored what was happening, hoping it would stop
- I turned my mobile (or internet) off
- I told a friend
- I told a teacher
- I told a parent/carer
- I asked the person directly to stop texting/phoning me
- I blocked the texts/phone calls
- I changed my mobile phone number
- I reported the bullying to the mobile phone (or internet) company and got them to trace the person bullying me
- I tried to do to them what they had done to me
- Other (Please write here)

18: Have you bullied anyone else using your mobile phone (or internet) in the last two months?

- I haven't bullied anyone else using my mobile (or internet) in the last two months
- It has only happened once or twice
- Two or three times a month
- About once a week
- Several times a week or more

Now, a few questions about witnessing/seeing other people being bullied by mobile.

19: Have you seen or heard of anyone else being bullied through mobile phone (or internet) use in the last two months?

- I haven't seen or heard of anyone else being bullied through mobile phone (or internet) use in the last two months
- It has only happened once or twice
- Two or three times a month
- About once a week

20: What did you do if you were with someone who was bullied through mobile phone (or internet) use in the last two months? You can cross either the first answer:

- I haven't been with anyone who was bullied through mobile phone use (or internet) in the last two months
- Or, you can cross several answers:
- I completely ignored what was happening to him/her
- I turned away as I did not want to see the text/video clip he or she received
- I left as I did not want to get involved in anything like that
- I went to tell the person who had done it not to send nasty texts or video clips any more
- I tried to get a friend or group of friends to help the person being bullied
- I tried to stop the bully from doing it again
- I told an adult about the bullying
- I comforted the person being bullied or helped him/her think what to do
- I laughed at the message or the video clip to make fun of the victim
- I commented on the message or video clip, saying that it seemed a good idea to me
- I read the text/ watched the video clip but didn't say or do anything
- I made fun of the victim by telling him/her what other things the bullies should write about him/her in the text message or which kind of video clip they could send next I
- sent on or showed the texts/messages/pictures/video clips to my friends to make
- I fun of the person who was bullied
- I told my friends about the bullying so we could have a good laugh
- Other (Please write here)

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21: What did you do if you received or saw a text/video clip of a person being bullied (on your mobile or someone else's) in the last two months? You can cross either the first answer:

- I haven't seen or heard of any bullying though mobile phone use (or internet) in the last two months
- Or, you can cross several answers:
- I did not pay any attention to the text/video clip
- I did not even read the text/ watch the video clip to the end
- I deleted it (from my mobile or internet profile)
- I went away from seeing it on another person's mobile, as I did not want to get involved in anything like that
- I told the person who had done it not to send nasty texts or video clips any more
- I tried to get a friend or group of friends to help the person being bullied
- I tried to stop the bully from doing it again
- I told an adult about the bullying
- I went and told the person being bullied about it, to warn him/her
- I laughed at the text/video clip together with other people to make fun of the victim
- I commented on the message or video clip to my friends, saying that it seemed a good idea to me
- I read the text / watched the video clip but didn't do anything

- I made suggestions about what to write in the text message or which kind of video clip to send about the person being bullied
 - I sent on texts/messages or showed pictures/video clips of the bullying by mobile phone (or internet) to my friends
 - I told my friends about the bullying so we could have a good laugh
 - Other (Please write here)
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Now, some questions about Sexting:

" **Sexting** is the act of sending sexually explicit messages, primarily between mobile phones. The term was first popularized in the early 21st century, and is a portmanteau of sex and *texting*, where the latter is meant in the wide sense of sending a text possibly with images

22: Just imagine, you would receive a messages/videos/images with a sexual reference. How would you feel, if this would happen to you?

you can cross several answers:

- Curiosity
- Like it
- Surprise
- Calm
- Embarrassment
- Uneasiness
- Shame
- Guilt
- Afraid others would see
- Disgust
- Fear
- Excitement
- Happiness
- Feeling proud of myself
- Other (please specify)

23: Why do you think, does somebody post/send nude pictures? (you can cross several answers)

- To get someone to notice her/him
- To feel sexy
- To feel interesting and special
- To be appreciated
- To fish for compliments
- To attract the attention of a person he/she likes
- To receive gifts, remunerations, recharges
- Being forced to
- Because those who don't do it are made fun of for being to shy
- It is exiting
- To feel alive
- It's fun

- To give boy/girlfriend a sexy gift
- Stupidity
- Boredom
- Other (please specify)

24: If someone posts or receives messages/videos/images with a sexual reference, what negative consequences can there be? (you can cross several answers).

- Getting in trouble with parents, if they find out
- Meeting dangerous people, like maniacs, unstable people
- Meeting people who turn out to be different from those online-persons
- Having problems with boy/girlfriend
- Being sexually abused
- Losing interest in one's boy/girlfriend
- Being targeted by criminals or blackmailers
- Getting in trouble with the law
- Having problems with a (future) employer
- Becoming addicted with virtual sex
- Gradually ending up prostituting one's self
- Other (please specify)

Time you finished questionnaire

You have now completed the questionnaire.

All the sections that you have filled in are confidential, so please do not discuss the answers you have written with your friends or anyone else.

If you have been bullied and/or cyberbullied and would like to discuss it with someone, write your email or telephone number here:

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