

## Appendix A

### Types of Bullying Behaviours

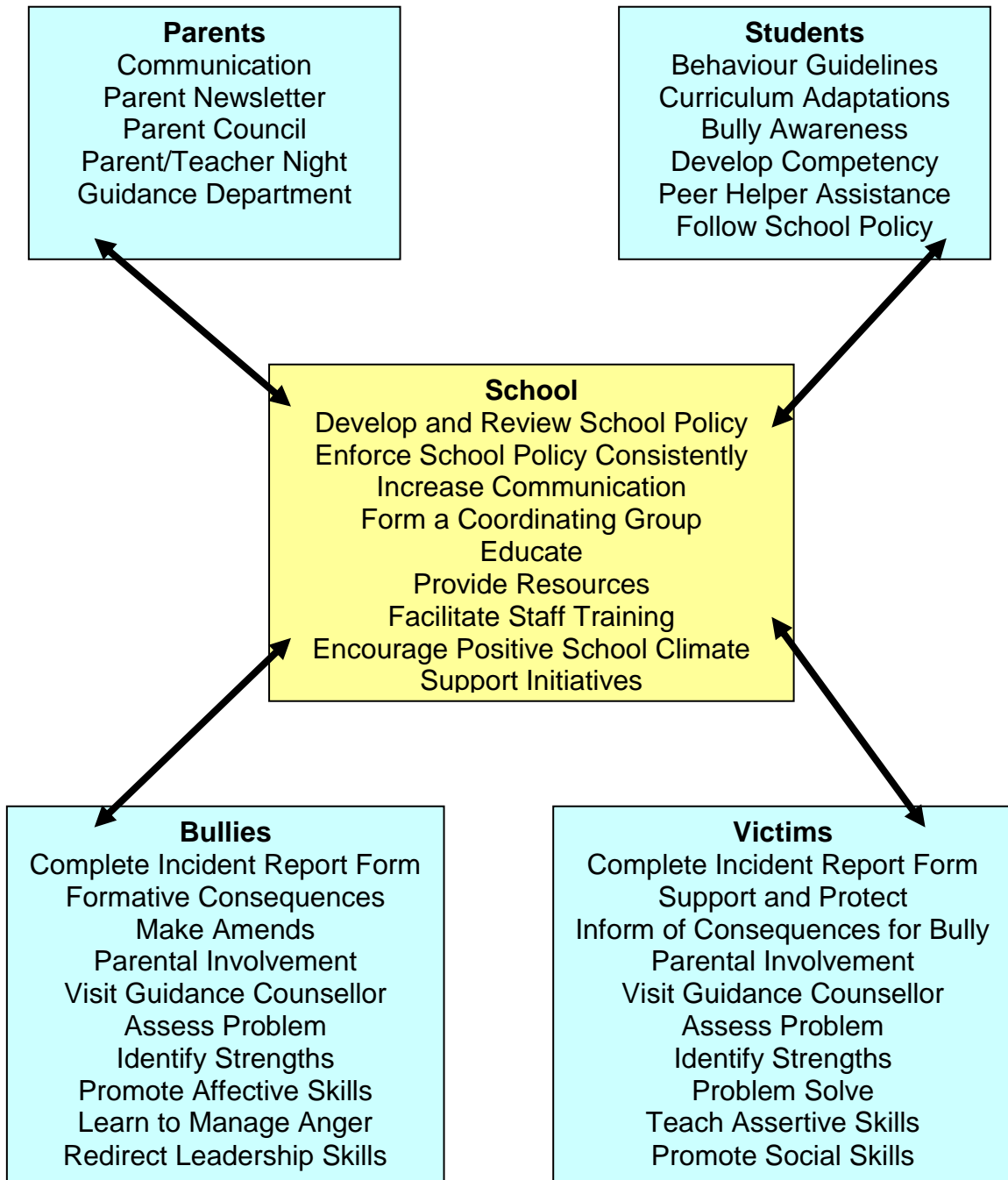
Adapted from British Columbia, 1998, pg. 7

Category	Of Concern	Of Serious Concern
Physical	<ul style="list-style-type: none"> <li>• Pushing</li> <li>• Shoving</li> <li>• Spitting</li> <li>• Kicking</li> <li>• Hitting</li> </ul>	<ul style="list-style-type: none"> <li>• Stealing</li> <li>• Defacing property</li> <li>• Threatening with a weapon</li> </ul>
Verbal	<ul style="list-style-type: none"> <li>• Mocking</li> <li>• Name calling</li> <li>• Giving dirty looks</li> <li>• Teasing</li> <li>• Swearing at</li> </ul>	<ul style="list-style-type: none"> <li>• Racist, sexist, or sexual orientation taunting</li> <li>• Verbal threats of violence or inflicting bodily harm</li> <li>• Intimidating phone calls</li> <li>• Daring another to do something dangerous</li> <li>• Verbal threats against property</li> <li>• Coercion</li> <li>• extortion</li> </ul>
Social	<ul style="list-style-type: none"> <li>• gossiping</li> <li>• embarrassing</li> <li>• setting up a student to look foolish</li> <li>• spreading rumours</li> <li>• excluding from group</li> <li>• making fun of family</li> <li>• spreading lies</li> </ul>	<ul style="list-style-type: none"> <li>• Inciting hatred</li> <li>• Racist, sexist, or sexual orientation alienation</li> <li>• Setting up someone to take the blame</li> <li>• Public humiliation</li> <li>• Malicious rumour spreading</li> </ul>

## Appendix B

### A Systemic Approach to Bullying: Overview of Strategies

Adapted From Pepler & Craig, 2000, pg. 12



### Appendix C

**Life at our School** Checklist adapted from Arora, (1999, printed by Thompson, 2003, p. 190)

	During the last week another student (or some students):	Once	More than once	No	Other
1	Helped me with my schoolwork				
2	Gave me some money				
3	Lent me something				
4	Told me a joke				
5	Shouted at me				
6	Complimented me				
7	Called me names				
8	Demanded money from me				
9	Told me off				
10	Smiled at me				
11	Teased me about my family				
12	Was friendly in class				
13	Talked about clothes with me				
14	Invited me to join in				
15	Tried to get me into trouble				
16	Helped me carry something				
17	Ate lunch with me				
18	Tried to kick me or hit me				
19	Helped me with homework				
20	Made me do something I did not want to do				
21	Talked about a TV show with me				
22	Ganged up on me				
23	Tried to break something of mine				
24	Let me listen to a CD				
25	Laughed at me				
26	Lied to me				
27	Shared something with me				
28	Teased me				
29	Talked about things we both like				
30	Tried to hurt me				
31	Was unkind about something I did				
32	Took something that belonged to me				
33	Borrowed something from me				
34	Tried to make me hurt someone else				
35	Spread a rumour about me				
36	Walked to classes with me				
37	Threatened to tell on me.				
38	Gave me a present				
39	Threatened to hurt me				
40	Criticized my hair or body or clothes				

(Please turn over.)

Name \_\_\_\_\_ Grade \_\_\_\_ Age \_\_\_\_\_ Sex (circle) M or F

Please record your own ideas to help us make our school the best school possible.

The best thing about our school is \_\_\_\_\_

\_\_\_\_\_

The thing that bugs me the most here is \_\_\_\_\_

\_\_\_\_\_

My biggest worry is \_\_\_\_\_

\_\_\_\_\_

The thing I hope will happen is \_\_\_\_\_

\_\_\_\_\_

If I was running this school, I would \_\_\_\_\_

\_\_\_\_\_

Something else I would like you to know is \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Note: The survey can be done anonymously or with names. If I was using this as part of a small group orientation in the guidance department, I would likely use names so that I could quickly identify students who might already be targets for bullying. If it is being used in a classroom, where confidentiality is more difficult to manage, it might be better to use only side one and keep it anonymous.