The Personal Experiences Checklist

**Factor 1: Relational-Verbal Bullying**
Other kids say mean things behind my back  
Other kids try to turn my friends against me  
Other kids tell people not to hang around with me  
Other kids tease me about things that aren’t true  
Other kids ignore me on purpose  
Other kids call me names because I can’t do something  
Other kids make rude gestures at me  
Other kids tell people to make fun of me  
Other kids call me names because I’m a bit different  
Other kids make fun of my friends  
Other kids make death stares at me

**Factor 2: Cyber-bullying**
Other kids say nasty things to me by SMS  
Other kids threaten me over the phone  
Other kids send me nasty e-mails  
Other kids harass me over the phone  
Other kids say nasty things about me on websites  
Other kids send me computer viruses on purpose  
Other kids say nasty things about me on an instant messenger or chat room  
Other kids make prank calls to me

**Factor 3: Physical Bullying**
Other kids hit me  
Other kids punch me  
Other kids kick me  
Other kids shove me  
Other kids trip me over  
Other kids tell people to hit me  
Other kids say they’ll hurt me if I don’t do things for them  
Other kids wreck my things  
Other kids play practical jokes on me

**Factor 4: Bullying based on culture**
Other kids make fun of my language  
Other kids make fun of my culture  
Other kids tease me about my voice  
Other kids won’t talk to me because of where I’m from

**Scoring**
0 – never  
1 – rarely  
2 – sometimes  
3 – most days  
4 – every day