

Am I Being Bullied Reflection Form

What is this document used for?

Sometimes, we label behaviors as 'bullying' when they might not fit the definition; hurtful actions aren't always bullying. Alternatively, sometimes something is hurtful and we can't quite tell if it is considered bullying!

If you're unsure whether what you're experiencing is bullying, you can use this checklist below. Read each statement and mark the ones that match your situation. This will help you figure out an action plan for responding on the last page.

First, briefly describe what's happening

Determining if it's Bullying:

Reflect on the following questions to determine if what you're experiencing fits the definition of bullying:

Unwanted and Harmful:

- ☐ **Physical:** Is someone hitting, pushing, or physically hurting you and making you afraid to go to school? [Yes / No]
- ☐ **Emotional:** Do you feel sad, scared, anxious, or upset because of what someone is saying or doing to you? [Yes / No]
- ☐ **Social:** Do you feel left out, ignored, or excluded by others? [Yes / No]

Imbalance of Power:

- ☐ Are they older or in a higher grade than you? [Yes / No]
- ☐ Do they have more friends or allies than you do? [Yes / No]
- ☐ Are they using their position or friendships to make you do things you don't want to do? (Peer pressure) [Yes / No]

Likely to be Repeated:

- ☐ Has this behavior happened more than once? [Yes / No]
- ☐ Do you feel like the behavior is becoming more frequent or escalating over time? [Yes / No]

Based on your answers, decide if it's bullying or just hurtful behavior. Either way, make a plan to address the situation.

Developing Your Plan:

Take some time to think about your plan and write down your responses below. Remember, you're not alone, and there are people who can support you through this process.

- **I will stop bullying by** (Consider strategies like staying with friends, confidently standing up for yourself, or seeking help from trusted adults.)

- **I will support myself or others when experiencing bullying by** (Consider how you can offer support and assistance to yourself or others. Think about ways to show empathy, care, and seek help from adults or peers.)

- **I will report bullying by** (Determine how you will report the bullying behavior to the appropriate authorities. Think about who you will talk to, what information you will share, and how you will document evidence of the bullying.)



