

Concerned about cyber bullying? Your school could be involved in a national research study

Rita Adair, ABA Eastern Regional Co-ordinator would like to encourage as many Norfolk high schools as possible to take part in the following research project. This is to be a properly evaluated study based on a questionnaire completed by pupils in school between ages of 11/12 - 16 year olds.

If your school is interested please see details below and contact Shanette Russell by phone 0796717489 or email pss01sr@gold.ac.uk. Shanette is being supervised by Peter Smith who is one of the top researchers in bullying in this country so the findings are likely to be published and ultimately influence practice.

I would be interested to know of any school that chooses to take part in this project.

Rita Adair
ABA Eastern Regional Co-ordinator

Message from Shanette:

Unit for School and Family Studies
(ABA Research & Evaluation Team)
Goldsmiths College
London SE14 6NW

My name is Shanette Russell, I am a third year undergraduate student from Brunel University, Middlesex currently undertaking a work placement as a research assistant at Goldsmiths' College, London. I am interested in the rise of a new form of bullying namely cyberbullying and how young people are affected by the misuse of information technology.

I have devised a questionnaire in order to explore this concept as well as traditional bullying and internet use. The age group I would like to investigate would be 11/12-16 year olds in secondary schools. The questionnaire consists of 19 closed questions and will take 20-30 minutes to complete. I would need questionnaires to be given out this term. I can email the questionnaire to schools for them to copy, or we can post copies to them. The Unit will cover reasonable postage or photocopying costs.

All individual answers are confidential and will not be made known to the school. However, I am willing to give each participating school their overall results for their feedback purposes, for example the bullying and cyberbullying rates within their school.

If you know of any schools that may be interested in taking part in this research, you or they can contact me:

By phone: 07946717489
By email: pss01sr@gold.ac.uk

or my supervisor Professor Peter Smith at
p.smith@gold.ac.uk
Tel: 020-7919-7898

Questionnaire

My name is Shanette Russell, I am a third year undergraduate student from Brunel University, Middlesex currently undertaking a work placement as a research assistant at Goldsmiths' College, London. I am interested in the rise of a new form of bullying called cyberbullying and how young people are affected by the misuse of information technology.

You do not have to complete this questionnaire, but I would be grateful if you did. The items in this questionnaire will relate to your use of the internet and any experience of bullying or cyberbullying you may have had. Please read each question carefully and answer each question as fully as you can. If you feel unable to answer a question please move on to the next question.

All of your answers to this questionnaire will remain confidential and will not be shown to anyone in your school. It is also anonymous, so please **do not** write your full name on the questionnaire.

Please **sign** below, this is just to give your consent. I will destroy this top sheet afterwards, so that your responses will be anonymous.

Name of school: _____

Class/year: _____

Your age: _____

Gender: ☐ Male ☐ Female

Ethnic origin:

- White
- Black Caribbean
- Black African
- Black Other
- Indian
- Pakistani
- Bangladeshi
- Chinese
- Asian Other
- Mixed race
- Other (please state) _____

General information about internet use

Q1. Have you ever used a computer?

Yes

No

Q2. Have you ever been online?

Yes

No

Q3. How often do you use the internet?

Do not use the internet

Once a day

Several times a day

Once a week

Several times a week

Once a month

Other (please state)_____

Q4. On average, how long do you spend on the internet per week?

0-5 hours

5-10 hours

10-15 hours

15-20 hours

20 or more hours

Q5. Where are you most likely to use the internet? (please tick all boxes that apply)

I do not use the internet

In my bedroom

At home, not in my bedroom

At school

Friend's house

Work

At the local library

Internet café

At a relative's house

Other (please state)_____

Q6. What activities do you use the internet for? (please tick all boxes that apply)

I do not use the internet

Surfing the Net

Chat rooms

To send/receive emails

Instant Messaging i.e MSN Messenger/AOL/Yahoo

Schoolwork

Downloading music, films or programs

Playing games

Online shopping

Other (please state)_____

Q7. How would you rate your ability to use computers?

Have never used a computer

Not very good

Okay

Excellent

Bullying & Cyberbullying

The following questions will ask about your experiences of bullying and/ or cyberbullying.

Definition of **bullying**:

Bullying is an action carried out by a group or individual that is repeated over time in order to hurt, threaten or frighten an 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.

Definition of **cyberbullying**:

Cyberbullying is a new form of bullying which involves the use of e-mail, instant messaging, chat rooms, webites, mobile phones or other forms of information technology to deliberately harass, threaten, or intimidate someone. Cyberbullying can include such acts as making threats, sending personal, racial or ethnic insults or repeatedly victimizing someone through electronic devices.

Please refer to the definitions on the previous page when answering the following questions.

Tick the appropriate box in each column.

	Bullied <u>Not</u> including cyberbullied	Cyberbullied
Q8. Do you know of <u>anyone</u> who has been...	No Yes, inside school Yes, outside school Both inside and outside school	No Yes, inside school Yes, outside school Both inside and outside school
Q9. Have <u>you</u> ever been...	No Yes, inside school Yes, outside school Both inside and outside school	No Yes, inside school Yes, outside school Both inside and outside school
Q10. What types have you experienced?	I have never been bullied Punched, kicked or physically hurt Damaged/stolen belongings Called names Teased Threatened Being left out or excluded Had rumours spread about me Because of my race/ colour	I have never been cyberbullied Through nasty text messages (making threats and comments) 'Happy slapping' (pictures/videos recorded on a mobile phone Prank or silent phone calls Through rude or nasty emails Insults on a website Insults on Instant Messaging

	Because of an illness or disability Because of my religion Being called gay even if it is not true Other (please state) _____	MSN Messenger/AOL/Yahoo In a chat room Other (please state) _____
Q11. How long ago did this <u>last</u> happen?	Never Within the last week Within the last month This term Within the last school year Over one school year ago	Never Within the last week Within the last month This term Within the last school year Over one school year ago

	Bullied <u>Not</u> including cyberbullied	Cyberbullied
Q12. Did you tell anyone?	I have never been bullied No, I was bullied but did tell anyone Yes, I did tell someone	I have never been cyberbullied No, I was cyberbullied but did not tell anyone Yes, I did tell someone
	Bullying	Cyberbullying
Q13. Have <u>you</u> ever taken part in...	No Yes	No Yes
Q14. How long ago did this <u>last</u> happen?	Never Within the last week Within the last month This term Within the last school year Over one school year ago Other (please state) _____	Never Within the last week Within the last month This term Within the last school year Over one school year ago Other (please state) _____
	I have never taken part in bullying Punching, kicking or physically hurting another	I have never taken part in cyberbullying Sent nasty text messages (making threats and comments)

Q15. What behaviour have you taken part in?	Damaging/stealing belongings Calling someone names Teasing Threatening Leaving someone out or or excluding them Spreading rumours Bullied someone because of their race/colour Bullied someone because they had an illness/ disability Bullied someone because of their religion Called someone gay even if it was not true Other (please state) _____	‘Happy slapping’ (pictures/videos recorded on a mobile phone) Prank or silent phone calls Sent rude or nasty emails Insulted someone on a website Insulted someone on Instant Messaging ie MSN Messenger/AOL/Yahoo Insulted someone in a chat room Other (please state) _____
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Your Opinion

Q16. How harmful do you think cyberbullying is when compared to ‘traditional’ bullying?
Please tick in the appropriate box.

	Less harmful	Same	More harmful
Through nasty text messages			
‘Happy slapping’ (pictures/videos recorded on a mobile phone)			
Prank or silent phone calls			
Through rude or nasty emails			
Insults on a website			
Insults on Instant Messaging (i.e MSN Messenger/AOL/Yahoo)			
In a chat room			
Other (please state) _____			

Q17. How do you think someone who has been bullied or cyberbullied would feel?

	Bullied	Cyberbullied
Not affected		
Embarrassed		
Worried		
Upset		
Afraid/Scared		
Angry		
Depressed		

Stressed		
Other (please state)		

Q18. What do you think are the best ways to stop 'traditional' bullying? (please tick all that apply)

- ☐ Asking them to stop
- ☐ Fighting back
- ☐ Ignoring it
- ☐ Keeping a record of bullying incidents
- ☐ Telling someone (parent/teacher)
- ☐ Reporting to the police or other authorities
- ☐ Sticking up for myself without fighting
- ☐ Avoiding the bullies
- ☐ Staying away from school
- ☐ Making new friends
- ☐ Other (please state)_____

Q19. What do you think are the best ways to stop cyberbullying? (please tick all that apply)

- Blocking messages/ identities
- Reporting to the police or other authorities
- Asking them to stop
- Fighting back
- Ignoring it
- Keeping a record of offensive emails or texts
- Telling someone (teacher/parent)
- Changing email address or phone number
- Other (please state)_____

Thank you for completing this questionnaire, your answers will remain confidential. The information collected from these questionnaires will be used to better understand your thoughts and concerns about bullying and cyberbullying inside and outside school.

PLEASE KEEP THIS SHEET

If you have a problem with any of the issues relating to bullying or cyberbullying mentioned in this questionnaire, please talk to someone such as a teacher or Headteacher who will be able to help you. If you do not feel comfortable talking to someone in your school you can talk to a parent or guardian, and they can come with you to talk to a teacher or can contact an internet service provider about the problem.

You can also call Childline FREE on 0800 1111, someone is there all the time and the number will not show up on the telephone bill. If you cannot get through the first time please try again.

If you have access to the internet you can look on the websites below for further information and advice.

Bullying

www.bbc.co.uk/education/bully

www.childline.org.uk

www.kidscape.org.uk

Cyberbullying

www.bebo.com/Cyberbullying.jsp

www.wirekids.com

www.bullyonline.org/schoolbully/

It is important to remember that bullying and cyberbullying happens to many people, and you are not alone. There are people in your school and trained professionals who can listen and offer advice.

REMEMBER

**KEEPING QUIET ABOUT BULLYING ALLOWS IT TO GO
ON**