

Self-Regulation: Bullying

Instructor: Present this short strengths assessment as the student participates in regular and special education classroom settings, hallway transitions, cafeteria settings, employment experiences, school-based vocational experiences, community service or volunteer activities, extracurricular activities, etc.

Name: _____

Date: _____

	1 NEVER	2 SOMETIMES	3 MOST OF THE TIME	4 ALWAYS
1) Bullying is when a person repeatedly teases, manipulates, or threatens someone or tries to hurt them physically. Am I capable of recognizing when I am being bullied?				
2) Do I have difficulty telling the difference between bullying and non-bullying behaviors, such as friendly teasing?				
3) Am I able to tell the difference between friendly teasing and teasing that is intended to hurt me?				
4) Harassment is another word for bullying that takes place in a school or work setting. Examples of harassment might include repeatedly asking someone on a date who does not want to go out, touching someone in a way that makes them uncomfortable, saying negative things about someone's ethnicity or political or religious views, or repeatedly engaging in a behavior after being asked to stop. Am I able to recognize harassing behaviors?				
5) Am I able to distinguish between an accidental bump or touch and a touch that is intentional and meant to hurt me?				

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6) Bullying can include intentionally putting someone in a situation where they are embarrassed or made fun of. Am I able to recognize when people are trying to put me in embarrassing situations and avoid those situations?				
7) Sometimes people may pretend to be my friend in order to take advantage of me. Would I be able to recognize if someone is pretending to be my friend in order to get something from me?				
8) Am I able to recognize when my behaviors may be perceived as harassment or bullying by others?				
9) If someone has bullied me in the past, am I able to avoid being around that person alone or in a situation where they might bully me again?				
10) If someone hurts my feelings, threatens me or tries to hurt me, would I be able to tell them to stop, walk away, and find help?				
11) If someone is teasing or threatening me, would I be able to report this to an adult I trust?				
12) If I am confused about whether I am being bullied or not, do I feel comfortable going to an adult I trust (parent, instructor, or supervisor) to share my concerns and ask questions?				
13) Bullying can also include when someone tries to convince another person to do things that are against the rules in order to get that person in trouble. If someone tries to convince me to do something I shouldn't, am I able to say 'no' and walk away?				

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14) <i>If I am confused about whether someone is taking advantage of me, am I able to go to an adult I trust to share my concerns and ask questions?</i>				
15) <i>Sometimes bullying can happen electronically and not in person (by text, email, or social networking sites). If someone is saying mean things to me or threatening me electronically, am I able to report this to an adult I trust?</i>				
16) <i>Am I able to go to my supervisor if I am worried about harassment at my work place?</i>				