

# **SAFE FROM BULLYING**

## **Introductory script for use with students when completing the survey:**

- This survey is to find out about your experiences of bullying. By answering these questions **honestly** you are helping to tackle bullying in your school and throughout Buckinghamshire.
- This survey is private and anonymous – no one will know which answers are yours.
- Before you start, I would like to remind you of some definitions of bullying:

**“People doing nasty or unkind things to you on purpose, more than once, which it is difficult to stop.”**

**“The intentional hurting of one person by another, where the relationship involves an imbalance of power. It is usually repetitive or persistent, although some one-off attacks can have a continuing harmful effect on the target”**

- The survey will take about 10 minutes
- Please ask for help if you don't understand a question
- If you do not want to carry on with the survey you may stop at any time

### **Remember:**

- **Read the questions carefully**
- **Your answers to this survey are private**
- **Please be honest!**

## **Please draw students' attention to the information on the last page of the survey:**

### **Thank you for taking part in this survey.**

If you are being bullied, or know someone else who is being bullied and want to help them, please **talk to someone you can trust**. This might be your teacher, another adult in the school or community or someone in your family.

You can also phone [ChildLine](https://www.childline.org.uk) on 0800 1111 for free. Someone is there all the time and it will not show up on your telephone bill.

If you have access to the internet you can also email [ChildLine](https://www.childline.org.uk) by visiting [www.childline.org.uk](https://www.childline.org.uk)

Remember that **nobody** deserves to be bullied and it is **always** OK to tell!