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The Olweus Scale

1. How do you like school?

- Dislike school very much
- Dislike
- Neither like nor dislike
- Like school
- Like school very much

2. How many good friends do you have in your class(es)?

- None
- 1 good friend
- 2-3 good friends
- 4-5 good friends
- 6+ good friends

3. How often have you been bullied at school in the past couple of months?

- Haven't been bullied
- Once or twice
- 2-3 times a month
- About once a week
- Several times/week

4. I was called mean names, was made fun of, or teased in a hurtful way.

- Hasn't happened
- Once or twice
- 2-3 times a month
- About once a week
- Several times/week

5. Other students left me out of things on purpose, excluded me from their group of friends, or completely ignored me.

- Hasn't happened
- Once or twice
- 2-3 times a month
- About once a week
- Several times/week

6. I was hit, kicked, pushed, shoved around, or locked indoors.

- Hasn't happened
- Once or twice
- 2-3 times a month
- About once a week
- Several times/week

7. Other students told lies or spread false rumors about me and tried to make others dislike me.

- Hasn't happened
- Once or twice
- 2-3 times a month
- About once a week
- Several times/week

8. I had money or other things taken away from me or damaged.

- Hasn't happened
- Once or twice
- 2-3 times a month
- About once a week
- Several times/week

9. I was threatened or forced to do things I did not want to do.

- Hasn't happened
- Once or twice
- 2-3 times a month
- About once a week
- Several times/week

10. I was bullied with mean names or comments about my race or color.

- Hasn't happened
- Once or twice
- 2-3 times a month
- About once a week
- Several times/week

11. I was bullied with mean names, comments, or gestures with a sexual meaning.

- Hasn't happened
- Once or twice
- 2-3 times a month
- About once a week
- Several times/week

11A) I was bullied with mean or hurtful messages, calls or pictures, or in other ways on my cell phone or over the Internet (computer).

- Hasn't happened
- Once or twice
- 2-3 times a month
- About once a week
- Several times/week

11B). If you were bullied on your cell phone or over the Internet, how was it done?

- Only on cell phone
- Only over the Internet
- In both ways

12. I was bullied in another way.

- Hasn't happened
- Once or twice
- 2-3 times a month
- About once a week
- Several times/week

13. In which class(es) is the student or students who bully you?

- In my class
- Diff. class, same grade
- In a higher grade
- In a lower grade
- In different grades

14. Have you been bullied by boys or girls?

- Mainly by 1 girl
- By several girls
- Mainly by 1 boy
- By several boys
- Both boys and girls

15. By how many students have you usually been bullied?

- Mainly by 1 student
- By 2-3 students
- By 4-9 students
- By more than 9
- Different students/grades

16. How long has the bullying lasted?

- 1 or 2 weeks
- About a month
- About 6 months
- About a year
- Several years

17. Where have you been bullied?

- Playground/athletic field
- Hallways/stairwells
- Class (teacher in room)
- Class (teacher NOT in room)
- Bathroom
- Gym class
- Lunchroom
- Way to and from school
- Bus stop
- School bus
- Somewhere else in school

18. Have you told anyone that you have been bullied in the past couple months?

- Been bullied/not told
- Been bullied/told somebody

Who have you told?

- Your class teacher
- Another adult at school
- Your parent(s) guardian(s)
- Your brother(s)/sister(s)
- Your friend(s)
- Somebody else

19. How often do the teachers or other adults at school try to put a stop to it when a student is being bullied at school?

- Almost never
- Once in a while
- Sometimes
- Often
- Almost always

20. How often do other students try to put a stop to it when a student is being bullied at school?

- Almost never
- Once in a while
- Sometimes
- Often

21. Has any adult at home contacted the school to try to stop your being bullied at school in the past couple of months?

- Haven't been bullied
- No, not contacted school
- Yes, once
- Yes, several times
-

22. When you see a student your age being bullied at school, what do you feel or think?

- Probably deserves it
- Don't feel much
- Feel a bit sorry
- Feel sorry and want to help

23. How often have you taken part in bullying another student(s) at school in the past couple months?

- Not bullied others
- Once or twice
- 2-3 times a month
- About once a week
- Several times/week

24. I called another student(s) mean names and made fun of or teased him or her in a hurtful way.

- Hasn't happened
- Once or twice
- 2-3 times a month
- About once a week
- Several times/week

25. I kept him or her out of things on purpose, excluded him or her from my group of friends, or completely ignored him or her.

- Hasn't happened
- Once or twice
- 2-3 times a month
- About once a week

Almost always

Several times/week

26. I hit, kicked, pushed, and shoved him or her around, or locked him or her indoors.

- Hasn't happened
- Once or twice
- 2-3 times a month
- About once a week
- Several times/week

27. I spread false rumors about him or her and tried to make others dislike him or her.

- Hasn't happened
- Once or twice
- 2-3 times a month
- About once a week
- Several times/week

28. I took money or other things from her or her or damaged his or her belongings.

- Hasn't happened
- Once or twice
- 2-3 times a month
- About once a week
- Several times/week

29. I threatened or forced him or her to do things he or she did not want to do.

- Hasn't happened
- Once or twice
- 2-3 times a month
- About once a week
- Several times/week

30. I bullied him or her with mean names or comments about his or her race or color.

- Hasn't happened

31. I bullied him or her with mean names, comments, or gestures with a sexual meaning.

- Hasn't happened
- Once or twice
- 2-3 times a month
- About once a week
- Several times/week

31A) I bullied him or her with mean or hurtful messages, calls or pictures, or in other ways on my cell phone or over the Internet (computer).

- Hasn't happened
- Once or twice
- 2-3 times a month
- About once a week
- Several times/week

31B) If you bullied another student(s) on your cell phone or over the Internet (computer), how was it done?

- Only on cell phone
- Only over the Internet
- In both ways

32. I bullied him or her in another way.

- Hasn't happened
- Once or twice
- 2-3 times a month
- About once a week
- Several times/week

33. Has your class or homeroom teacher or any other teacher talked with you about your bullying another student(s) at school in the past couple of months?

- Not bullied others

- Once or twice
- 2-3 times a month
- About once a week
- Several times/week

- No, haven't talked with me
- Yes, they have once
- Yes, several times

34. Has any adult at home talked with you about your bullying another student(s) at school in the past couple of months?

- Not bullied others
- No, haven't talked with me
- Yes, they have once
- Yes, several times

35. Do you think you could join in bullying a student whom you do not like?

- Yes
- Yes, maybe
- I don't know
- No, I don't think so
- No
- Definitely no

36. How do you usually react if you see or learn that a student your age is being bullied by another student(s)?

- I have never noticed it
- I take part in the bullying.
- I don't do it, but find it OK
- I just watch what goes on
- I ought to help
- I try to help

37. How often are you afraid of being bullied by other students in your school?

- Never
- Seldom
- Sometimes
- Fairly often
- Often
- Very often

38. Overall, how much do you think your class or homeroom teacher has done to cut down on bullying in your classroom in the past couple of months?

- Little or nothing
- Fairly little
- Somewhat
- A good deal
- Much

FOR STUDY USE ONLY

ID
Number

Date Interviewed

Month

Day

Year

Interviewed
by