



How to Document Bullying

Documenting information about bullying is important for two reasons. Firstly it is the most reliable method of providing details when they are requested by the school or authority. It also gives an accurate measurement on whether the bullying increases or decreases.

The Bullying Behaviour

Most of the information you need for this sheet can usually be gained from conversations with your child. However you may need to ask them to be specific in examples to develop a good understanding of the bullying. It is this type of information you will need when you meet with a teacher or authority to discuss the bullying behaviour.

Who is involved in the bullying?

What happens?

What does your child do when the bullying occurs?

Has anyone seen or been told about the bullying (friends or teachers)?

When does the bullying happen?

Where does the bullying happen?

How long has the bullying been happening?

Other information about the bullying.

Diary of the Bullying Behaviour

The focus of this form is for you and your child to document each time bullying occurs. It is good to start this straight away, even before you begin any intervention. Without this information you will not be able to accurately measure whether the bullying increases or decreases over time.

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