

Bullying observation diary- instructions

Dear students,

Thank you for volunteering to make a difference in your school. I look forward to working with you soon.

Please help us get ready for the bullying prevention workshop by using this diary to record your observations of the following 3 types of behavior:

1. Indirect bullying and harassment

(‘joking’ or casual comments are not directed at any one person in particular but that make fun of or criticize women, men, people whose appearance or abilities are different, people of a particular background or race, or gay or lesbian people.)

Here are a few examples I have heard myself in schools:

- “That test was so gay” (implied: gay is bad)
- “She jewed me down.” (implied: Jews are cheap)
- “He throws like a girl.” (implied: girls can’t throw)

2. Direct bullying and harassment (name calling, insulting, gestures, and similar behavior that would make people feel bad about themselves)

3. Threats and hitting

Please do not use names in the diary.

As soon as you can after the event, write:

What did the person or people do and say? Be specific and get as much detail as you can.

and

What did the other people around the incident do and say? Were they silent? Did they laugh? Did they join the bullying? Did they say or do something to stop the behavior?

Keep writing diary entries until you have four of them. Hand the entries in to _____ by _____ so they can be sent to me before the workshop.

Thank you.

Stan Davis
Stopbullyingnow.com

Harassment observation diary

SCHOOL: _____

NAME: _____

INCIDENT 1

Location _____

What did the person do and/or say? Be specific and get as much detail as you can.

What did the other people around the incident do and say? Were they silent? Did they laugh? Did they join the bullying? Did they say or do something to stop the behavior?

INCIDENT 2

Location _____

What did the person do and/or say? Be specific and get as much detail as you can.

What did the other people around the incident do and say? Were they silent? Did they laugh? Did they join the bullying? Did they say or do something to stop the behavior?

INCIDENT 3

Location _____

What did the person do and/or say? Be specific and get as much detail as you can.

What did the other people around the incident do and say? Were they silent? Did they laugh? Did they join the bullying? Did they say or do something to stop the behavior?

INCIDENT 4

Location _____

What did the person do and/or say? Be specific and get as much detail as you can.

What did the other people around the incident do and say? Were they silent? Did they laugh? Did they join the bullying? Did they say or do something to stop the behavior?

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