This survey is part of the ENABLE international study. It will be answered by more than 1,000 students across five European countries.

This survey is totally anonymous. It does not ask your name or any other information that identifies you.

You will be asked to take the survey again towards the end of the school year, so you need to use a personal code (to facilitate the matching of responses).

There are no right or wrong answers on the survey. Mark the response that best describes your situation or opinion. Please answer as frankly as possible. If you do not find an answer that fits exactly, choose the one that comes closest.

The results will not be presented separately by single classes. Remember your answers are totally anonymous.

Thank you in advance for your participation! Please begin.
A. THE FIRST 4 QUESTIONS ASK ABOUT YOU

1. I am: a boy / a girl
2. I am in year  □ 5th  □ 6th  □ 7th  □ 8th  (grade level )
3. How old are you?  □ 11  □ 12  □ 13  □ 14
4. I live with: my mother, my father, both my parents, other (specify) ______________

B. THE FOLLOWING SECTION IS ABOUT EXPERIENCES AND BEHAVIOURS (WITH OTHERS)

Sometimes children or teenagers say or do hurtful or nasty things to someone and this can often be quite a few times on different days over a period of time, for example. This can include:

- teasing someone in a way this person does not like
- hitting, kicking or pushing someone around
- leaving someone out of things.
- threatening or pressuring into doing something

When people are hurtful or nasty to someone in this way, it can happen:

- face to face (in person);
- by mobile phones (texts, calls, video clips);
- on the internet (e-mail, instant messaging, social networking, chatrooms).

5. In the past 3 months, have others treated you in this kind of hurtful and nasty way?

□ Yes
□ No, I haven’t experienced this / did not happen to me;
□ Don’t know / Prefer not to say

If you answered NO to question 5 please skip to question 8

(IF YES) Thinking of the last time this happened, how upset were you

□ I was very upset;
□ I was a little upset;
□ I was not at all upset
□ Don’t know / Prefer not to say
6. How often have others acted in this kind of way towards you in the past 3 months?

☐ Several times each day;
☐ Daily or almost daily;
☐ At least every week;
☐ Less often;
☐ Don’t know / Prefer not to say

6b. Did you do any of these things afterwards?

(Tick ALL that apply - your own input is needed in some questions)

☐ Hope the problem would go away
☐ Feel a bit guilty about what went wrong
☐ Try to get the other person to leave me alone, How?________________________
☐ Talk to someone about what happened. Who?_____________________________
☐ Try to fix the problem in some way (other than talking about it). In what way?

☐ None of these things / Don’t know

7. If others has treated you in this kind of way, how did it happen?

(Tick ALL that apply)

☐ In person / face to face (a person with you in the same place at the same time)

7a. When someone treated you in this kind of way in person, how did it happen?

(Tick ALL that apply)

☐ Physically hit (kicked, pushed, etc.)
☐ Called nasty names or was made fun of (possibly because of a characteristic of mine)
☐ Excluded from groups
☐ Threatened, pressured into doing something against my will

☐ By mobile phone calls
☐ By messages sent to me on my phone (SMS / TEXT or MMS)
☐ On a social networking site (e.g. Facebook, Twitter, YouTube, Vimeo, Ask.fm, Tumblr)
☐ On a media sharing platform (Instagram, Snapchat, Pinterest)
☐ By instant messaging (WhatsApp, Skype, Viber etc.)
☐ In a chatroom
☐ By email
☐ In a gaming website
☐ Other___________________________________________________________

☐ Don’t know / Prefer not to say
8. In the PAST 3 MONTHS, have you ever behaved in this way to someone else?
- Yes
- No
- Don’t know / Prefer not to say

If you answered YES continue with 8a and 9, otherwise skip to 10

8a. If you behaved in this way, how did you do it?

(Tick all that apply)
- In person / face to face (a person with you in the same place at the same time)

8b. When you behaved in this way in person how did it happen?

(Tick ALL that apply)
- Physically hit
- Called nasty names (possibly because of a characteristic of his / hers)
- Excluded from groups
- Threatened, pressured into doing something against their will

- By mobile phone calls
- By messages sent to me on my phone (SMS / TEXT or MMS)
- On a social networking site (e.g. Facebook, Twitter, YouTube, Vimeo, Ask.fm, Tumblr)
- By instant messaging (WhatsApp, Skype, Viber etc.)
- On a media sharing platform (Instagram, Pinterest, Snapchat)
- In a chatroom
- By e-mail
- In a gaming website
- Other
- Don’t know / Prefer not to say

9. How often have you acted in this kind of way in the past 3 months?

a. Several times each day;
b. Daily or almost daily;
c. At least every week;
d. Less often;
e. Don’t know
10. Would you like to change the way you act towards other kids?

If you answer NO skip to 12

☐ Yes ☐ No ☐ Maybe

11. What do you think would help you change? (Describe in a few words or a sentence)……..

__________________________________________________________________
__________________________________________________________________
__________________________________________________________________
__________________________________________________________________
__________________________________________________________________

12. If you saw someone acting in a nasty or hurtful way would you

☐ intervene
☐ tell an adult
☐ tell a Peer Supporter
☐ join in
☐ talk to the person who is being harmed / targeted
☐ talk to the person who is being nasty
☐ talk to someone else. Specify_________________________________________
☐ do nothing
C. THE FOLLOWING SECTION ASKS YOUR THOUGHTS ABOUT CERTAIN BEHAVIOURS

HOW MUCH DO YOU AGREE WITH THESE STATEMENTS?

13. Joining in when someone is being attacked is a wrong thing to do.

14. It's funny when someone teases with nasty intention a classmate over and over again.

15. Supporting a student that is being attacked or teased with nasty intention is the right thing to do.

16. One should report behaviours that are meant to hurt others.

D. THE FOLLOWING SECTION IS ABOUT YOU

HOW TRUE ARE THESE STATEMENTS FOR YOU?

17. I can control my behaviour when I am upset.

18. I can’t stop myself from doing something, even if I know it is wrong.

19. When I am upset, I do not know if I am sad, scared or angry.

20. I don’t feel very sorry for other people when they are having problems.

21. I can often understand how people are feeling even before they tell me.

22. I get a strong urge to help when I see someone who is upset.

23. My emotions influence my reactions.

24. I often talk to others about what upsets me.

25. I try to talk out a problem instead of fighting.

26. I am good at finding solutions to everyday problems.

27. I get along with kids my age.

28. It is easy for me to make new friends.

29. I have at least one close friend.
PLEASE COMPLETE IN YOUR OWN WORDS

30. Name 3 emotions you have experienced / felt most often in the past week

__________________________________________________________________
__________________________________________________________________
__________________________________________________________________

31. Name 3 emotions that you have noticed most often among your classmates in the past week

__________________________________________________________________
__________________________________________________________________
__________________________________________________________________

E. THE FOLLOWING SECTION IS ABOUT YOUR SCHOOL AND PEOPLE IN YOUR SCHOOL

HOW TRUE ARE THESE STATEMENTS?

32. Teachers at my school treat students with respect

0 not true 1 it tries a bit 2 it tries hard 3 very true
☐ ☐ ☐ ☐

33. Teachers at my school show personal interest in their students

0 not true 1 it tries a bit 2 it tries hard 3 very true
☐ ☐ ☐ ☐

34. Teachers at my school help students when they are having problems

0 not true 1 it tries a bit 2 it tries hard 3 very true
☐ ☐ ☐ ☐

35. In my school, we talk about ways to control our emotions

0 not true 1 it tries a bit 2 it tries hard 3 very true
☐ ☐ ☐ ☐

36. How hard do you think your school tries to stop hurtful and rude behaviours?

it doesn’t try at all it tries a bit it tries hard it tries really hard
☐ ☐ ☐ ☐

37. Students in my school are there for me when I need help.

0 not true 1 2 3 very true
☐ ☐ ☐ ☐

38. Students in my school generally get along with each other.

0 not true 1 2 3 very true
☐ ☐ ☐ ☐

39. I like school

0 not true 1 2 3 very true
☐ ☐ ☐ ☐

40. I try hard at school

0 not true 1 2 3 very true
☐ ☐ ☐ ☐

41. During the last four weeks how many whole days of school have you missed?

none 1-2 days 3-4 days more than 4 days
☐ ☐ ☐ ☐
42. Describe with 3 or more words how kids in your school behave to each other.

__________________________________________________________________
__________________________________________________________________
__________________________________________________________________

43. How easy is it for someone in your school who is bullied to seek help? (please explain)

__________________________________________________________________
__________________________________________________________________
__________________________________________________________________

F. THE FOLLOWING SECTION IS ABOUT YOU

HOW TRUE ARE THESE STATEMENTS FOR YOU?

44. I feel in control of my life and future

45. On the whole, I am happy with myself

46. How satisfied are you currently with the following aspects of your life?
   A. Your school performance
   B. How much fun you have
   C. Your family relationships
   D. Your friends
   E. Your spare time activities / hobbies
   F. Life in general

G. THE FOLLOWING SECTION IS ABOUT YOU FAMILY

HOW TRUE ARE THESE STATEMENTS?

47. If I had a personal problem, I would ask my parents / carers for help.

48. My parents know what goes on in my school.

49. People in my family communicate about their problems and about family decisions.

50. People in my family often insult or shout at each other.
H. PEER SUPPORTERS

51. Did you participate in the Peer Support Programme?
☐ Yes
☐ No

52. Since becoming a peer supporter, do you agree with any of the following...
(Tick ALL that apply)

a. My confidence has grown
☐ 0 not true 1 2 3 very true
b. My leadership skills have improved
☐ 0 not true 1 2 3 very true
c. My presentational skills have improved
☐ 0 not true 1 2 3 very true
d. I feel part of a network of Peer Supporters
☐ 0 not true 1 2 3 very true
e. I am making a difference to the lives of young people
☐ 0 not true 1 2 3 very true
f. My communication skills have improved
☐ 0 not true 1 2 3 very true
g. I contribute more to the school community
☐ 0 not true 1 2 3 very true
h. People look up to me
☐ 0 not true 1 2 3 very true
i. People approach me for advice
☐ 0 not true 1 2 3 very true
j. None of the above
☐ 0 not true 1 2 3 very true
k. Other, please specify ______________________________
   ______________________________
   ______________________________

53. Now I’m Peer Supporter, I understand...
(Tick ALL that apply)

a. What bullying is
☐ 0 not true 1 2 3 very true
b. The different types of bullying
☐ 0 not true 1 2 3 very true
c. How to support someone being bullied
☐ 0 not true 1 2 3 very true
d. How to spot the signs of someone being bullied
☐ 0 not true 1 2 3 very true
e. None of the above
☐ 0 not true 1 2 3 very true
f. Other, please specify ______________________________
   ______________________________
   ______________________________
54. How do you feel being a Peer Supporter has helped you personally? If you’re not sure, provide examples from the above question 1? (open ended)
__________________________________________________________________
__________________________________________________________________
__________________________________________________________________

55. Do you think the Peer Supporters have made a difference to your school? If so, how?
__________________________________________________________________
__________________________________________________________________
__________________________________________________________________

56. Do you think the Peer Support programme could be improved in your school? If so, how?
__________________________________________________________________
__________________________________________________________________
__________________________________________________________________

Thank you for your participation!
If you have questions or concerns please talk to your teacher about it.
Centre for Digital Youth Care (CfDP),
Denmark
http://cfdp.dk/enable-european-network-against-bullying/

South West Grid for Learning (SWGfL),
United Kingdom
http://swgfsl.org.uk/products-services/esafety/enable

European Schoolnet,
Belgium
http://enable.eun.org

Diana Award,
United Kingdom
http://www.antibullyingpro.com

Partners in Learning,
Croatia
http://ucitelji.hr/Naslovnica/Enable.aspx

For Adolescent Health,
Greece
http://youth-life.gr/index.php/el/

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