

Be a Friend ~ Lend a Hand Survey

It is anticipated that schools are far more likely to be the ones who will have young people complete this survey, so the term “student” has been used. If the survey is for use within an organization, a different term should be used.

This Survey should be provided to students using a service like Survey Monkey. It is possible for students to respond to online surveys using their smart phone, which should help in the administration of the Survey.

As with all Surveys, opt-out informed consent notice should be provided to parents. Opt-out informed consent notice is also provided to student in the Survey itself.

After completion, the Survey data should be downloaded into a Spreadsheet. This data can then be transformed into charts. Selected charts from the Survey data can then be added to the Youth Slideshow. The examples of charts in the current Slideshow were selected because in prior implementations, they appeared to support effective discussion. More charts could be added.

It is recommended that the entire set of data be shared with the young people in the school or organization or a Youth Leadership Team. A Youth Objectives document has been provided to allow the young people to identify the current data on key issues and create objectives for the next time the Survey is administered. This, then, makes it their responsibility to focus on improvement in personal relations.

Five question formats are used:

- Multiple Choice (Only One Answer)
- Multiple Choice (Multiple Answers)
- Comment/Essay Box
- Rating Scale
- Descriptive Text

Some of the questions on this survey are designed to yield insight that will support positive norm messaging. Because of this, the responses are likely to have a degree of response bias. This is to be expected. Other questions should not generate such response bias. These questions are designed to support effective assessment and evaluation.

A longer Survey for students is also available from Embrace Civility in the Digital Age, along with a Survey for staff. This longer Survey will provide much greater insight into these issues and is recommended for planning and evaluation. The longer Survey includes the Be a Friend ~ Lend a Hand questions.

Survey

The purpose of this survey is to find out about how students can help if someone is being hurtful to another either at school or online.

It is your choice whether you want to do this survey. No one will be able tell which responses are yours. Try to answer all questions. But you can skip any that you do not understand, do not feel like answering, or are told to skip. This survey should take about 20 to 30 minutes.

In the following questions the words “be hurtful” or “being hurtful” include when someone:

- Says hurtful things or sends hurtful messages to another person.
- Says hurtful things about a person to others or posts hurtful things about someone online.
- Hurtfully excludes someone from participating in school activities.
- Physically hurts someone or their property, or threatens to do so.

Sometimes these hurtful acts are referred to as bullying or cyberbullying. *Descriptive Text*

1. What grade in school are you? *Multiple Choice (Only One Answer)*

- 6th grade
- 7th grade
- 8th grade

- 9th grade
 - 10th grade
 - 11th grade
 - 12th grade
2. What gender are you? *Multiple Choice (Only One Answer)*
 - Female
 - Male
 - Prefer not to say
 3. Please indicate whether you agree or disagree. The students at my school ... *Rating Scale*
 - Strongly disagree
 - Disagree
 - Agree
 - Strongly agree
 - Treat other students with respect while at school
 - Treat other students with respect while using digital technologies outside of school
 - Treat students who are perceived as “different” with respect
 - Think things will get better if they report to an adult at school that someone is being hurtful at school
 - Think things will get better if they report to an adult at school that someone is being hurtful online
 4. How often do students at your school do the following if they witness someone being hurtful? *Rating Scale*
 - Frequently
 - Sometimes
 - Rarely
 - Never
 - Encourage the one being hurtful
 - Join in
 - Watch with interest
 - Tell others to watch
 - Ignore the incident
 - Reach out to be kind to a student who is being hurt by another student
 - Privately tell a student who has been hurtful to stop
 - Publicly tell a student who is being hurtful to stop
 - Try to help students who are having a conflict resolve the problem
 - Report to an adult if a student is being hurtful to another student at school
 - Report to an adult if a student is being hurtful to another student online
 5. What is your normal reaction if you see a student being hurtful to another? *Multiple Choice (Only One Answer)*
 - I really do not like to see this happen.
 - This happens all the time, so it is no big deal.
 - Sometimes this is funny
 - People who are different should expect this.
 - Other thought, please describe
 6. Think of a time when you were angry and wanted to be hurtful, but stopped yourself. What are the three most important reasons you stopped yourself? *Multiple Choice (Multiple Answers - technically they could answer more than 3, but usually they do not)*
 - How I would feel if someone did this to me.
 - How I would feel about myself.
 - What my parents or guardians would think
 - What other adults whose opinion I value would think.
 - What my friends or siblings would think.
 - What this would do to my reputation.
 - That I might get into trouble.
 - That I might hurt my future opportunities.

- Other reason:
7. What do you think about a person who acts like this? *Rating Scale*
 - Admire
 - No opinion one way or the other
 - Don't admire
 - Treats others with respect
 - Reaches out to be kind to someone who was hurt.
 - Tells someone being hurtful to stop
 - Ignores hurtful situations
 - Encourages the one being hurtful
 - Is frequently hurtful
 - Was hurtful, but stopped and made things right
 - Tells an adult if a situation is serious
 8. How important do you think these it is for students to do the following? *Rating Scale*
 - Very important
 - Important
 - Not that important
 - Not at all important
 - Help if they see that someone is being hurtful at school
 - Help if they see that someone is being hurtful online
 - Respect those who are "different" in some way
 - If their friend is being hurtful, try to get their friend to stop
 - Try to help students who are having a conflict resolve the incident
 - Stop themselves if they have been hurtful and try to make things right
 - Report to an adult, if an incident is serious
 - Report to an adult, if someone is threatening violence
 - Report to an adult, if someone appears to be emotionally distressed
 9. In the last month, has any student in this school done any of the following hurtful things to you? (check any)
Multiple Choice (Multiple Answers)
 - Said hurtful things to me in person
 - Sent me hurtful messages by text or online
 - Said hurtful things about me to others
 - Publicly posted hurtful things about me online
 - Sent hurtful things about me to others via text
 - Acted in a disrespectful way physically (eye-rolling, mean mugging, and the like)
 - Intentionally excluded me from school activities
 - Physically hurt me
 - Physically damaged my property
 - Threatened to hurt me
 - Threatened to hurt my property
 - Other hurtful thing, please describe
 - No one has treated me in a hurtful manner

If you answered "none of these things have happened to me," please skip Questions 10-16) *Descriptive Text*
Alternatively, you can configure the survey tool to only have Questions 10-16 answered only by students who indicated someone was hurtful.

10. How often has this happened in the last month? *Multiple Choice (Only One Answer)*
 - Once or twice a month
 - Once or twice a week
 - Almost daily
11. How many students have been hurtful to you? *Multiple Choice (Only One Answer)*

- One other student
- 2-3 students
- 4-7 students
- 7 or more students

12. How often did you do hurtful things to the student who was being hurtful to you?

- None of the time
- Rarely
- Some of the time
- Most of the time

If someone has been hurtful to you more than once, answer the following questions based on the most significant incident. *Descriptive Text*

13. How upset were you? *Multiple Choice (Only One Answer)*

- Very upset
- Upset
- Not that upset
- Not at all upset

14. How effective did you feel in getting this hurtful incident to stop by yourself? *Multiple Choice (Only One Answer)*

- I was easily able to get this to stop by myself
- It was challenging, but possible, to get this to stop by myself
- It was very difficult to get this to stop by myself
- I felt powerless to get this to stop by myself

15. If there were any student witnesses, how did they respond? (check all witness responses) *Multiple Choice (Multiple Answers)*

- There were no witnesses
- Encouraged the one being hurtful
- Joined in
- Watched with interest
- Ignored the incident
- Reached out to be kind to me
- Publicly said "stop"
- Tried to help both of us resolve the conflict
- Told an adult who could help
- Other, please describe

16. What would you most likely do if you saw someone being hurtful to a student at school or online? (check any) *Multiple Choice (Multiple Answers)*

- Encourage the one being hurtful
- Join in
- Watch with interest
- Tell others to watch
- Ignore the incident
- Reach out to the student being hurt
- Privately tell the student or students being hurtful to stop
- Publicly tell the student or students being hurtful to stop
- Try to help students resolve a conflict
- Tell an adult at school
- File an abuse report
- Talk with my parent or guardian
- Other, please describe

17. Think about a time when you saw someone being hurtful to another student and you really wanted to help, but you didn't. What are the three biggest barriers to stepping in to help? *Multiple Choice (Multiple Answers)*

- I could have failed and embarrassed myself
 - I did not know what I could do that would be helpful and effective
 - Others thought what happened was funny
 - I did not feel powerful enough to confront the one being hurtful
 - The one being hurtful could have retaliated against me
 - Others thought that the one being hurtful was "cool"
 - Someone else should have been responsible for stopping the situation
 - What was happening was not my "business"
 - It wasn't that bad, it happens to everyone
 - The one being hurt was not a friend of mine
 - The one being hurtful was a friend of mine
 - Others might have teased me if I stood up for someone who is "different"
 - Other concern:
18. What words would you use to describe a person who steps in to help when he or she sees someone being hurtful to another? *Comment/Essay Box*
19. If you wanted to tell a person who was being hurtful to stop, what could you say or post? *Comment/Essay Box*
20. If you wanted to reach out to be kind to someone who has been hurt, what could you do or say? *Comment/Essay Box*
41. In the last three months, how frequently have you witnessed any of the following hurtful acts directed at a student in this school? *Rating Scale*
- Frequently
 - Sometimes
 - Rarely
 - Never
 - Hurtful things were said to a student
 - Hurtful things were said about a student to others
 - Hurtful things about a student were publicly posted online
 - Hurtful things about a student were distributed via text
 - Someone acted in a disrespectful way to another student physically (eye-rolling, mean mugging, ...)
 - A student was intentionally excluded from participating in a school activity
 - A student was physically hurt by another student or students
 - A student's property was damaged by another student or students
 - A student was making threats to physically hurt another student or his or her property
 - Other similar hurtful acts, please describe
21. Think of the most significant incident you saw at school or online in the last month. What did you do? (check any) *Multiple Choice (Multiple Answers)*
- Encouraged the one being hurtful
 - Joined in
 - Watched with interest
 - Ignored the incident
 - Reached out to be kind to the student being hurt
 - Privately told the student being hurtful to stop
 - Publicly said "stop"
 - Tried to help students resolve the conflict
 - Told an adult who could help
 - Other, please describe
22. In the last month, have you done any of the following hurtful things to another student ? (check any) *Multiple Choice (Multiple Answers)*
- Said hurtful things to the person
 - Sent hurtful messages to the person by text or online

- Said hurtful things about the person to others
- Publicly posted hurtful things about the person online
- Sent hurtful things about the person to others via text
- Acted in a disrespectful way physically (eye-rolling, mean mugging, and the like)
- Intentionally excluded the person from school activities
- Physically hurt the person
- Physically damaged the person's property
- Threatened to hurt the person
- Threatened to hurt the person's property
- Other hurtful thing, please describe
- I have not done any of these hurtful things

If you answered "I have not done any of these things," please skip Questions 22-24) *Descriptive Text* Alternatively, you can configure the survey tool to only have Questions 22-24 answered only by students who indicated someone was hurtful.

23. Did anyone tell you to stop?

- Yes
- No

24. What happened after you did these things? (check any)

- I stopped myself
- I made things right
- I tried to make things right, but this did not work
- Someone else stopped me
- I didn't really stop
- Other: