

MARC/BACPAC Pediatric Questionnaire: Bullying & Cyberbullying



Date of office visit: _____

Child's name: _____	Gender: <input type="checkbox"/> Male <input type="checkbox"/> Female	Parent present during interview? <input type="checkbox"/> Yes <input type="checkbox"/> No
Child's grade: _____	Child's age: _____ years _____ months	Subjective complaints (eg, H/A, tics, sleep): _____
IEP? <input type="checkbox"/> Yes <input type="checkbox"/> No	Neurodev / Psych Dx (if established): _____	_____

BEGIN BY STATING:

"You probably know that grownups today are very worried about bullying. I'd like to ask you a little bit about that, but I want to make sure you understand what I mean. When I ask about bullying, I mean another kid (or group of kids) who picks on someone or is mean to them on purpose, over and over again – not just one time."

1. Do you see bullying happen at your school?

Yes No

2. Is there any one kid or a bunch of kids that pick on you or make you feel bad over and over again?

Yes (inquire as to the frequency):

(_____ times daily; _____ times a week; _____ times a month; _____ times a year).

IF NO, SKIP TO #3

If YES:

Where does this happen? (check all that apply):

- classroom lunchroom hallways
 stairwell bathroom locker-room
 playground bus other: _____

What did he or she do to you? (check all that apply):

- made fun of me kids laughed name-calling
 rumors made up lies got me in trouble
 pushed, shoved, hit, threw stuff other: _____

3. How about on the computer at home? Has anyone been mean to you or made fun of you on the internet?

Yes (Details):

If NO to both #2 and #3, END HERE. Otherwise, continue.

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4. It's very important that you understand that if you are being bullied that it is *never* your fault. Bullying is wrong and people should *never* bully others. Have you told any adults about the kids that are bothering you?

Yes (Who have you told?)

Parent

Teacher

Other: _____

If Yes..... Were the adults able to stop the bullying?

Yes **No**

If Yes..... Did talking about it make you feel better?

Yes **No ("That's ok. Sometimes talking does help though.")**

5. "Sometimes it feels good just to talk about things. I wish you and I had more time to talk about it today. Would you like to have a chance to talk about it sometime soon?"

Yes (if YES, refer to):

No

IF NO...

..."Would you like me to try to help? As your doctor, I can talk with the school officials and try to make sure that the bullying stops. While I cannot promise that everything will be better, I know that if we do nothing the bullying will likely continue and probably get worse. I want you to be happy and safe at school — is it okay with you if I talk to your school about this?"

Yes

(Who would you like me to talk to? Principal / Nurse / Counselor / Teacher / Other: _____)

No

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Guide to the bullying/cyberbullying checklist/interview

"Warm up" questions: briefly acknowledge these but do not discuss at length. No need to note the child's answers.

- › Are the kids in your school friendly?
- › Tell me about one child at your school who you like.
- › Tell me about one child at your school who is not friendly.

(Brief acknowledgement, e.g.: "Ok" or "that's good.")

Note: It's fine to skip the warm-up questions if you have already chatted with the child.

Websites for parents/ teachers/students:

The Massachusetts Aggression Reduction Center (MARC): MARCcenter.org

Bullying And Cyberbullying Prevention and Advocacy Collaborative (BACPAC) at Boston Children's Hospital: bostonchildrens.org/BACPAC

Stop Bullying Now from the U.S. government: stopbullying.gov

When a child is being bullied

There are three venues through which you can help this child:

- 1. BY GIVING THEM A "SAFE ADULT" AT SCHOOL THEY CAN ALWAYS SPEAK WITH (EG, THE SCHOOL NURSE, THE SCHOOL ADJUSTMENT COUNSELOR);**
- 2. BY GIVING THEIR PARENTS GUIDANCE ABOUT HOW TO COPE (THROUGH HANDOUTS, WEBSITES); AND**
- 3. BY OFFERING THEM SUPPORT FROM YOURSELF.**

If child consents to your involvement, seek written parental consent to share information with the school in writing. The more details the child can provide as to who, what, where, how, the more power the school will have to act. Explain this to the child/parent and do your best to gently get details for your letter to the school. If child or parent will not consent to communication with school, provide advice / handouts (MARCcenter.org) to help the parent advocate themselves for their child with the school. Always document in your note the conversation in the office.