

## Survey questions

### **Poll 11 - Bullying: How well equipped are Australian parents to identify and address bullying related issues in their children?**

*Branched to parents with one or more children over 5 years of age.*

The next few questions are about bullying. Sometimes children bully other children at school or outside school. Bullying can happen in person or online (cyberbullying). We are interested in your experiences as a parent or carer in relation to bullying among children.

#### **Question 1**

People have different thoughts and opinions about bullying. Please indicate how much you agree or disagree with the following statements about bullying.

Strongly agree, Agree, Disagree, Strongly disagree, Unsure

1. Most bullying involves a child physically hurting or harming another child
2. Repeatedly leaving someone out on purpose (either in person or online) is bullying
3. Random acts of aggression or intimidation are not bullying
4. Arguments or disagreements between children are not bullying
5. It's usually obvious to other children if a child is being bullied
6. Bullying will usually stop if children ignore it
7. If a child sees someone else being bullied they are best to ignore it
8. It's up to teachers, not parents, to teach children how to respond to bullying
9. Bullying is best left for children to sort out themselves
10. How parents raise their children can make them more likely to be involved in bullying
11. There is nothing parents can do to help prevent their child from being bullied
12. Bullying is okay because it's a normal part of growing up
13. Children who get bullied often deserve it
14. It's okay for children to be bullied sometimes
15. Bullying usually toughens children up
16. Childhood bullying is not as big a problem as it's made out to be
17. My child has not been involved in bullying so I don't need to think about it

## Question 2

Bullying is when a more powerful person or group of people deliberately do things to upset, hurt or intimidate someone else again and again. It may happen in the school grounds, in class, on the way to/from school, or online. Bullying is NOT the same as occasional fighting between people who are about equally matched. Bullying can be physical, verbal, social (e.g. being excluded or ignored) or perpetrated online (cyberbullying).

It can be difficult for parents to know if their child is being bullied.

### Question 2.1

Do you feel confident that you could tell if your child was being physically bullied (such as being hit, kicked or pushed around)? *Please answer separately for each child over 5 years of age.*

Yes, No, Not sure

### Question 2.2

Do you feel confident that you could tell if your child was being verbally bullied (such as being made fun of, teased and being made to feel afraid)? *Please answer separately for each child over 5 years of age.*

Yes, No, Not sure

### Question 2.3

Do you feel confident that you could tell if your child was being indirectly bullied (such as being ignored or left out on purpose or having nasty stories told about them behind their back)? *Please answer separately for each child over 5 years of age.*

Yes, No, Not sure

### Question 2.4

Do you feel confident that you could tell if your child was being bullied online or experiencing 'cyberbullying' (such as having mean or nasty words or pictures posted or sent about them on the internet or by mobile phone)? *Please answer separately for each child over 5 years of age.*

Yes, No, Not sure

### Question 2.5

Do you feel confident that you could tell if your child was bullying another child or children? *Please answer separately for each child over 5 years of age.*

Yes, No, Not sure

### Question 3

Bullying can affect children in different ways. Please indicate your level of agreement with the following statements about the effects of bullying on children.

Strongly agree, Agree, Disagree, Strongly disagree, Unsure

1. Changes in sleep or eating patterns may be a sign a child is being bullied
2. A drop in school marks or grades may be a sign a child is being bullied
3. Bullying can cause changes in behaviour at home
4. Bullying can lead to mental health problems like anxiety and depression
5. Children who have been bullied are more likely to become bullies themselves
6. When a child is bullied it impacts effects the whole family
7. Avoiding school can be a sign of being bullied
8. Most children will tell their parents if they are being bullied
9. The effects of being bullied are only temporary
10. Bullying can seriously affect onlookers or bystanders
11. Bullying is often hidden from adults

### Question 4.

The next few questions are about how you might deal with bullying if it was happening to your child.

#### Question 4.1

Do you feel like you need more information or guidance about how to protect your child from bullying?

Yes, No, Not sure

*\*\*Branch to Question 4.2 if Yes or Not sure*

#### Question 4.2

What would be the best way for you to get this information? *Select all that apply.*

Online, Through my child's school, From my GP or family doctor, Other, please say....

#### Question 4.3

If you thought that your child was being bullied, do you feel confident that you could talk about it with them?

Yes, No, Not sure

#### Question 4.4

If you thought that your child was being bullied, do you feel confident that you would know what to do to help?

Yes, No, Not sure

#### Question 4.5

If your child was bullying other children, do you feel confident that you would know what to do to help stop the behaviour?

Yes, No, Not sure

#### Question 4.6

If your child was being bullied how likely is it that you would do the following?

Very likely, Somewhat likely, Less likely, Not at all, Not sure

- Speak to school teacher
- Speak to school principal
- Speak to general practitioner (GP)
- Speak to school counsellor or psychologist
- Speak to psychologist or counsellor, outside of school
- Look up online resources for bullying
- Let your child work it out themselves
- Tell your child to stand up to the child doing the bullying
- Discuss with your child things that they could do

- Approach the child doing the bullying
- Approach the parent/carer of the person bullying
- Speak to other parents and friends about the problem
- Allow your child to stay home so they can have a break from the bullying

#### Question 5.1

Schools have different ways of managing children and their behaviour. Does the school that your child attends have a bullying policy that describes how they will manage bullying? *Please answer separately for each child over 5 years of age.*

Yes, No, Not sure

#### Question 5.2

If your child was being bullied, do you feel confident that you would be able to get help from a staff member at school? *Please answer separately for each child over 5 years of age.*

Yes, No, Not sure

#### Question 5.3

Do you think your child's school manages bullying well? *Please answer separately for each child over 5 years of age.*

Yes, No, Not sure

#### Question 5.4

Do you think bullying is a big problem at your child's school? *Please answer separately for each child over 5 years of age.*

Yes, No, Not sure

#### Question 5.5

Do you think you can help make a difference to the reduction of bullying at your child's school? *Please answer separately for each child over 5 years of age.*

Yes, No, Not sure

### Question 6.1

Roughly how often do you talk with your child about their friendships and relationships with other children they know? *Please answer separately for each child over 5 years of age.*

Twice a week or more, Once a week, Once every two weeks, Once a month, Less than once a month, Never

### Question 6.2a

In the last school term have you spoken with your child about what to do if they are being bullied? *Please answer separately for each child over 5 years of age.*

Yes, No, Not sure

### Question 6.2b

In the last school term have you spoken with your child about what to do if they see someone else being bullied? *Please answer separately for each child over 5 years of age.*

Yes, No, Not sure

### Question 6.3

If your child was being bullied, how likely would you be to give the following advice to your child?

Very likely, Somewhat likely, Less likely, Not at all, Not sure

- Ignore the bullying
- Walk away
- Fight back
- Defend yourself
- Just accept it
- Tell the person bullying to stop
- Make a joke of it
- Ask for help from other children
- Tell a teacher
- Tell someone at home
- Suggest they stay home from school

- Suggest ways to make new friends
- Inform the police

#### Question 6.3b

Other, please say

#### Question 6.4

If your child was experiencing cyberbullying (bullying online or by text) how likely would you be to do the following?

Very likely, Somewhat likely, Less likely, Not at all, Not sure

- Stop them using social media
- Remove their mobile phone access
- Stop their online communication past bed time
- Advise them to keep passwords secure and private, even from friends
- Advise them to block or defriend the offender
- Advise them to fight back online
- Advise them to ignore the bullying
- Tell them to collect evidence with screenshots
- Report inappropriate behaviour to social media site or app it was posted on
- Discuss the situation with a staff member at school
- Consider reporting it to the eSafety Commissioner's office
- Inform the police
- Advise them to always tell you or another adult they trust

#### Question 6.4b

Other, please say

#### Question 6.5

Does/Do your child/ren have one or more social media accounts of their own, such as Facebook, Twitter, Instagram, or Snapchat? *Please answer separately for each child over 5 years of age.*

Yes, No, Not sure

*\*\*Branch to Question 6.7 and Question 6.9 if Yes or Not sure*

#### Question 6.6

Does/do your child/children have access to a mobile phone or other electronic device that they can use to communicate with friends and other people? *Please answer separately for each child over 5 years of age.*

Yes, No, Not sure

*\*\*Branch to Question 6.7 and Question 6.9 if Yes or Not sure*

#### Question 6.7

In the last school term, roughly how often have you spoken with your child about protecting their privacy online and keeping passwords secure? *Please answer separately for each child over 5 years of age.*

More than once a week, Once a week, Once every two to three weeks, Once a term, Not at all

#### Question 6.9

In the last school term, roughly how often have you given your child advice or guidance about sharing images and information about themselves and other people online or by text? *Please answer separately for each child over 5 years of age.*

More than once a week, Once a week, Once every two to three weeks, Once a term, Not at all

#### Question 7.1

To the best of your knowledge, has your child been bullied either at school, outside school or online within the last school term? *Please answer separately for each child over 5 years of age.*

Yes, No, Not sure

*\*\*Branch to Question 7.2 and Question 7.3a if Yes or Not sure*



### Question 7.2

To the best of your knowledge, which the following has your child experienced? *Please answer separately for each child over 5 years of age.*

Yes, No, Not sure

- Physical bullying (punching, hitting, pushing, or kicking)
- Verbal bullying (manipulation, put-downs, name calling, or teasing)
- Indirect (social) bullying (being ignored, left out on purpose, or spreading stories about them)
- Online bullying (harassment through social media or messaging services)
- Bullying at school
- Bullying outside of school (such as on the way to or from school, at sporting or social events or at home)

### Question 7.3a

Sometimes parents whose children have been bullied experience a range of feelings. Thinking about your child's experience with bullying and its effect on you and your family, how often did you feel any of the following?

Often, Sometimes, Rarely, Never

- Helpless
- Depressed or anxious
- Angry
- Physically sick
- Guilty for not being able to stop the bullying
- Frustrated at not being able to stop the bullying
- Relieved I knew what was happening to my child
- Worried about long term effects on your child
- Worried about effect on siblings

#### Question 7.4b

Other, please say

#### Question 8

Does your child have a physical, mental or behavioural disorder or disability? *Please answer separately for each child over 5 years of age.*

Yes, No, Not sure

*If you are concerned that your child may be experiencing bullying or bullying others, please seek help from a staff member at your school, a counsellor or your family doctor. Help can also be found online and by phone at Kids Helpline [www.kidshelp.com.au](http://www.kidshelp.com.au) or phone 1800 551 800, Headspace [www.headspace.org.au](http://www.headspace.org.au) or phone 1800 650890 or the Office of the eSafety commissioner ([www.esafety.gov.au](http://www.esafety.gov.au)).*

Participants were also asked demographic questions on gender, country of birth, languages spoken at home, annual household income, education and health care card status.

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