

# THE SURVIVING BULLIES VIDEO BOOK



Created for you by  
Dickon Pownall-Gray

## MISSION ONE THE INCIDENT REPORT

“There is love in this interactive video book and plenty of useful advice born from the hardscrabble experience of once being there...”

Charles Laird Calia, father of two daughters and  
Author of *The Unspeakable* and *The Stargazing Year*

# **THE SURVIVING BULLIES VIDEO BOOK**

## **MISSION ONE THE INCIDENT REPORT**

**The Surviving Bullies Project is dedicated to providing practical resources for targets of bullying to help themselves. Our goal is to empower targets, bullies and bystanders to improve the social climate for all.**

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**Learn more about the Surviving Bullies Charity, Inc and the Surviving Bullies Project at:**

**[www.survivingbullies.com](http://www.survivingbullies.com)**

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Video Editing by Kiki Cahn  
Illustrated by Shan Shan Jiang  
Video Interviews by Jocelyn Schur**

**Mistakes do occasionally occur despite a conscientious effort to ensure that this interactive video book is complete and error free. If you find an error, please let us know via email:**

**[info-sb@survivingbullies.com](mailto:info-sb@survivingbullies.com)**

**Corrections will be implemented in subsequent editions.**



# THE SURVIVING BULLIES VIDEO BOOK



*We created the “helping hands” logo to symbolize that we are all working together to overcome the pain and the isolation of being bullied. Bullying may make you feel desperately alone. You are not alone. Many of the individuals we filmed have been bullied, some severely. Two are sports team captains, several are officers of school clubs, three are just ordinary bystanders. All of the people we filmed want to help you solve your bullying situation.*



***Jeramie***



***Jocelyn***



***Josh***



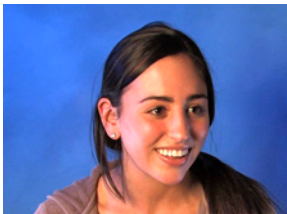
***Maddie***



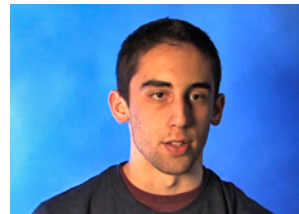
***Mia***



***Dicken***



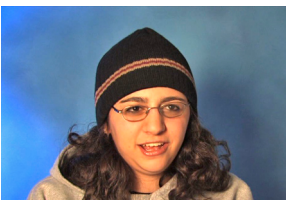
***Rachel***



***Darius***



***Casper***



***Ariana***



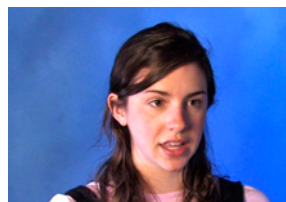
***Chris***



***Ella***



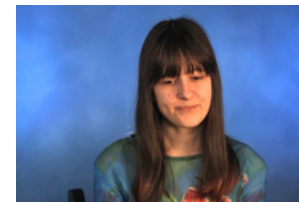
***Rob***



***Mia***



***Charles***



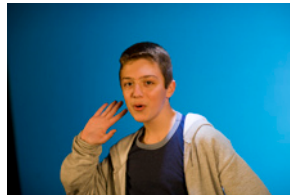
***Caroline***

# THE SURVIVING BULLIES VIDEO BOOK

*We wish to thank all the students and teachers who contributed their valuable time to this video book. Their courage to go on camera, their wise advice and their emotional candor have been a great inspiration to all the members of the Surviving Bullies Project team.*



***Andrianna***



***Evan***



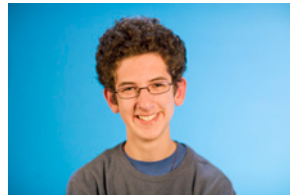
***Anna***



***Matt***



***Cheyfaun***



***Eric***



***Dayshona***



***Andrew***



***Amanda***



***Keyshon***



***Risa***

*We also wish to thank the many parents who allowed us to interview their children. We thank the medical professionals who have given us important insights into complex subjects such as peer victimization, anxiety, nutrition, sleep, loneliness and anger management. We thank Ingrid Schaffer, Head of Drama, the Educational Center for the Arts, for changing a whole semester's curriculum to let us film her students. We especially wish to thank John Dodig, Principal of Staples High School, for his invaluable advice and constant encouragement over the last three years.*

## **MISSION ONE: THE INCIDENT REPORT**

# THE SURVIVING BULLIES VIDEO BOOK

## Bullying Statistics

**“An estimated 30% of 6th to 10th graders in the United States were involved in bullying as a bully, a target of bullying, or both (Nansel et al. 2001) ... In a nationwide survey of high school students, about 6% reported not going to school on one or more days in the 30 days preceding the survey because they felt unsafe at school or on their way to and from school”.**

***(The Centers for Disease Control and Prevention 2004)***

**“Since September 1999, the National Threat Assessment Center (NTAC) has studied 37 school shootings involving 41 attackers. In a number of cases, bullying played a key role in the decision to attack. A number of attackers had experienced bullying and harassment that were long-standing and severe. In those cases, the experience of bullying appeared to play a major role in motivating the attack at school.”**

***(Preventing School Shootings. A Summary of a U.S. Secret Service Safe School Initiative Report - NIJ Journal no. 248, 2002)***

# THE SURVIVING BULLIES

## VIDEO BOOK

bul·ly·ing, n.

*“A deliberate, repeated or long-term exposure to negative acts performed by a person or a group of persons of higher status or greater strength than the target.”<sup>1</sup>*

When you are being consistently bullied at school, on the bus, or in your neighborhood, it is emotionally difficult to find the strength to go to school, day after day. Having a plan is the key to overcoming your bullying problem, but the tough question is: what’s an effective plan when you are being picked on by four or five boys or girls who may be bigger, older, or seemingly “more popular” than you?

Running away may solve your problems temporarily, but it does not resolve the problems in the long run. Fighting back verbally or physically can work, but it often fails because you are outnumbered and facing opponents who are simply too powerful.

So what can you do if running away solves little and fighting back physically or verbally has only a small chance of success? The answer is: go through this video book one page at a time as it is loaded with practical advice that will help you improve your bullying situation. Please be sure to complete all the interactive diagrams, to type answers into all the question fields, and to watch all the videos at least once.

**This video book is your private property. Your answers to**

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<sup>1</sup> Olweus D. *Bullying at school: What we know and what we can do*. Oxford: Blackwell Publishers, 1993.



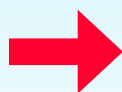
# THE SURVIVING BULLIES VIDEO BOOK

questions contained in this video book are **strictly confidential and to be viewed only by you**. We recommend that **if** you have a serious bullying situation, that you should consider talking to either your parents, your family doctor, a religious leader, or to an elder mentor whom you trust.

Your video book is made up of five interactive missions that you should explore in order (i.e. from 1-5) starting with *the Incident Report* and ending with the *Make Friends & Build Social Networks* mission.

Each of the five digital missions are available from [www.survivingbullies.com](http://www.survivingbullies.com)

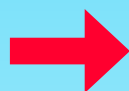
## 1. MISSION ONE: **the Incident Report**



GOAL OF MISSION	SKILL DEVELOPED
Clear the Fog Get the Facts	<b>The Ability to Take Control</b>

# THE SURVIVING BULLIES VIDEO BOOK

## 2. MISSION TWO: **Demystify Your Bullies**



GOAL OF MISSION	SKILL DEVELOPED
Stop Bullies From Appearing 15ft Tall	<b>The Ability to Confront Your Fear</b>

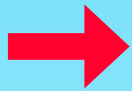
## 3. MISSION THREE: **the Isolation Trap**



GOAL OF MISSION	SKILL DEVELOPED
Unmask (and confront) the True Power of the Isolation Trap	<b>The Ability to Manage Your Emotions</b>

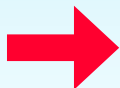
# THE SURVIVING BULLIES VIDEO BOOK

## 4. MISSION FOUR: **the Bully Antidote**



GOAL OF MISSION	SKILL DEVELOPED
Develop Anti-Bullying Skills	<b>The Ability to Take Action</b>

## 5. MISSION FIVE: **Make Friends/ Build Support**

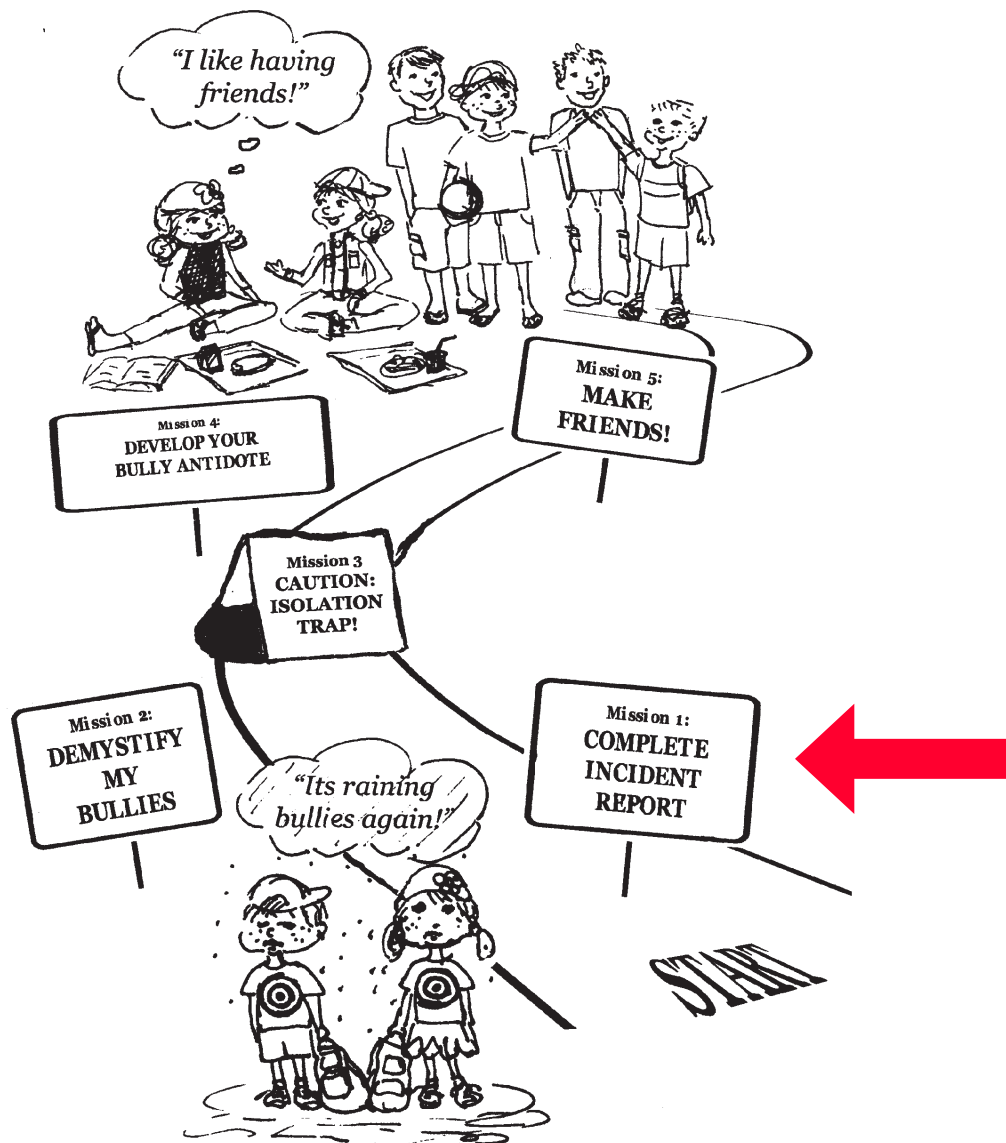


GOAL OF MISSION	SKILL DEVELOPED
Build Social Defenses Against being Bullied	<b>The Ability to Secure Social Support</b>

# INCIDENT REPORT

## INCIDENT REPORT

*"No one can make you feel inferior without your consent."*  
~ Eleanor Roosevelt



## MISSIONS ROAD MAP



# INCIDENT REPORT

## INCIDENT REPORT

### **Congratulations on taking this first step towards improving your bullying situation!**

This is not a small accomplishment. Being bullied is a humiliating experience, even though you have done nothing wrong and do not deserve it.

### **No one deserves to be bullied.**

Shame and humiliation make us retreat into ourselves, instead of reaching out for help. The fact that you are reading this means that you are open to learning how to begin helping yourself.

### **This is a huge first step!**

We have been in your situation, and so have almost all of the teenagers (and adults) that you will see in the videos in this mission. We are all here to give you support and help you deal with the issues you are confronting.

This first mission is intended to introduce you to the concept of the Video Book and to help you understand what has been happening to you. So relax, take a deep breath, and work through it at your own pace. Try to answer the questions honestly as this Video Book is your personal journal and no one else needs to see it unless you decide to show it to them.

# INCIDENT REPORT

## INCIDENT REPORT



VIDEO: Introduction to the Incident Report  
by Dickon and Shan Shan

HOT TIP: click on  
video to make it play



# INCIDENT REPORT

## INCIDENT REPORT

### COMPLETE INCIDENT REPORT



# INCIDENT REPORT

## INCIDENT REPORT

### *Completing the Incident Report...*

Many individuals who are being bullied describe their experiences as similar to getting lost in a dense fog – a fog where one's emotions become confused, where one can no longer tell a friend from a foe, and even bystanders seem to have turned hostile.

Suddenly, buildings that were once safe have morphed into menacing corridors where bullies may lurk. School buses have now become confined spaces with no escape. The formerly innocent comments of classmates now seem to take on malicious double meanings.

The purpose of the Incident Report is to help you cut through the fog of confusion caused by you being bullied.

The process of recording the facts will allow you to think clearly and objectively about what is happening to you.

Specifically, the Incident Report has been designed to help you work out:

- **Who** is bullying you?
- **Where** are they bullying you?
- **How** are they bullying you?
- **How severely** are they bullying you?

Please continue to the next page.

# INCIDENT REPORT

## INCIDENT REPORT



VIDEO: Maddie describes her feelings  
about being bullied



# INCIDENT REPORT

## INCIDENT REPORT

### *Completing the Incident Report...(continued)*

**M**ost importantly, this section will help you accurately record the complex feelings you have about being bullied. Please fill out the Incident Report based on your most typical experience with bullying. If you are being bullied in a number of ways, please make note of this in the comments sections.

**R**emember, your goal is to accurately report how you are being bullied. By doing so, you will be able to move forward and solve your bullying problem based on real facts, not on confusion. Once again, this workbook is confidential. So please answer the questions as openly and honestly as you can. Lets begin!

# INCIDENT REPORT

INCIDENT  
REPORT



VIDEO: Student definitions of bullying

What is Bullying?

# INCIDENT REPORT

## INCIDENT REPORT

### Basic Facts

Date of Incident(s): First:    Second:     
Day / Month / Year Day / Month / Year  
Third:    Forth:

How many bullies were involved?

1?  2?  3?  4?  5?  Or more?

Names of Bullies:

	Nickname	First Name	Last Name
1			
2			
3			
4			
5			
6			

Do you think the bullying was:

Verbal?	Yes	<input type="checkbox"/>	No	<input type="checkbox"/>
Physical?	Yes	<input type="checkbox"/>	No	<input type="checkbox"/>
Racial?	Yes	<input type="checkbox"/>	No	<input type="checkbox"/>
Sexual?	Yes	<input type="checkbox"/>	No	<input type="checkbox"/>
Other: (describe briefly below)				



# INCIDENT REPORT

## INCIDENT REPORT

### Basic Facts (cont.)

Where exactly did the bullying take place?

Home or near home?

Yes

☐

No

☐

Traveling to school?

Yes

☐

No

☐

On a school bus?

Yes

☐

No

☐

At school?

Yes

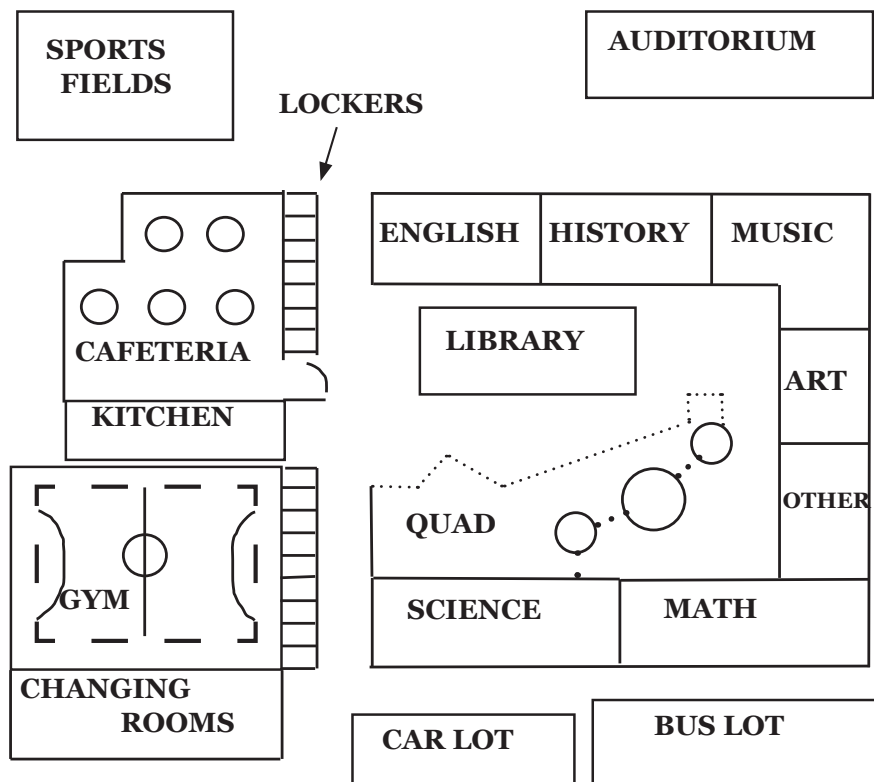
☐

No

☐

Place an "X" on the map to show where the incident(s) took place:

If this map does not look like your school, go to the next page and draw a map of your school. Or if the incident(s) took place outside of your school, go to the next page and draw a map showing where you were bullied. Then mark an "X" on the spot(s) where your bullying incident(s) took place.



# INCIDENT REPORT

## INCIDENT REPORT

### Basic Facts (cont.)

Use the space provided below to describe in your own words  
where you have been bullied.



# INCIDENT REPORT

## INCIDENT REPORT

### Was it Physical?

Was the bullying incident(s) physical in nature? YES ☐ NO ☐

If YES, mouse click on the description of the incident(s) in the table below that most closely describes what you experienced. Then, carefully describe what happened to you in the space provided below. If your incident(s) was not physical in nature, skip this page and go to the next humiliation section (i.e. verbal, racial or sexual humiliation).

PHYSICAL HUMILIATION			
LESS SEVERE		SEVERE	
<ul style="list-style-type: none"><li>• Jostling with shoulders</li><li>• Pushing with hands</li><li>• Shoving into others</li><li>• Elbowing when passing</li></ul>	<ul style="list-style-type: none"><li>• Writing in target's schoolbooks</li><li>• Stealing target's property</li><li>• Stealing target's homework</li></ul>	<ul style="list-style-type: none"><li>• Kicking with feet</li><li>• Punching with fists</li><li>• Spitting, scratching, biting, pulling target's hair</li><li>• Pulling off target's pants in front of peers</li></ul>	<ul style="list-style-type: none"><li>• Threatening with a weapon</li><li>• Locking in a dark place</li><li>• Inflicting lasting physical harm</li><li>• Physical assault on target's family or friends</li></ul>

Please write down exactly what happened to you:

Please continue to the next page.

# INCIDENT REPORT

## INCIDENT REPORT

### Was it Physical? (cont.)

**Please write down below more details about the physical bullying that you have been experiencing.**

Be sure to answer: How many times a month are you being physically humiliated? Is it the same kind of physical humiliation each time or does it vary? Is it just one bully who is doing this or is it a group of bullies? Does the group have a leader or does the group leader often change?

# INCIDENT REPORT

INCIDENT  
REPORT



VIDEO: Keyshon talks about being verbally taunted



# INCIDENT REPORT

## INCIDENT REPORT

### Was it Verbal?

Was the bullying incident(s) verbal in nature? YES ☐ NO ☐

If YES, mouse click on the description of the incident(s) in the table below that most closely describes what you experienced. On the next page, carefully describe exactly what happened to you.

## VERBAL HUMILIATION

LESS  
SEVERE



SEVERE

<ul style="list-style-type: none"> <li>Referring to the target by derogative nicknames</li> <li>Mocking the target in front of his/her peers</li> <li>Mocking the target's style of talking</li> <li>Making the target the "fall guy" of jokes</li> </ul>	<ul style="list-style-type: none"> <li>Making personal comments about the target's facial features</li> <li>Making personal comments about the target's physique</li> <li>Making negative comments about the target's clothing and sense of fashion</li> <li>Making negative comments about the target's intelligence</li> </ul>	<ul style="list-style-type: none"> <li>Telling the target that his or her close friends do not like the target anymore</li> <li>Making intimidating (anonymous) phone calls to the target's home</li> <li>Threatening to humiliate the target in front of his or her friends if the target will not hand over lunch money, etc.</li> </ul>	<ul style="list-style-type: none"> <li>Verbal threats of physical harm to target and or his possessions such as clothes, school books, locker items</li> <li>Verbal threats of physical harm to the target outside of school so as to leave the target with no sanctuary</li> <li>Verbal threats of physical harm to the target's friends if they continue to be friends with the target</li> </ul>
-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

Please continue to the next page.

# INCIDENT REPORT

## INCIDENT REPORT

### Was it Verbal? (cont.)

**Please write down exactly what happened to you in the space provided below.**

Be sure to answer: How many times a month are you being verbally humiliated? Is it the same sort of verbal humiliation each time or does it vary? Is it just one bully who is doing this or is it a group of bullies? Does the group have a leader or does the group leader often change?

# INCIDENT REPORT

## INCIDENT REPORT

### Was it Racial?

Was the bullying incident(s) racial in nature

YES

☐

NO

☐

If YES, mouse click on the description of the incident(s) that most closely describes what you experienced. If the incident(s) was not racial in nature, skip this page and go to the next section.

## RACIAL HUMILIATION

LESS  
SEVERE



SEVERE

- Telling racially biased jokes
- Mocking ethnic clothing
- Mocking other country's traditions
- Making fun of foreign accents

- Insulting with a racial bias
- Spreading racially biased rumors about the target
- Writing racially derogative graffiti on walls
- Emailing target racially biased jokes, stories and personal comments

- Excluding the target from teams, clubs, or groups based on race
- Coercing the target to not respect family racial customs, e.g. wearing a turban
- Systematically demeaning the target's country of origin and its people

- Destruction of target's property due to race hatred
- Physical attack on target because of his or her race
- Threatening the target's friends in chat rooms and via Instant Messenger with physical harm

Please continue to the next page.



# INCIDENT REPORT

## INCIDENT REPORT

### Was it Racial? (cont.)

**Please write down exactly what happened to you in the space provided below.**

Be sure to answer: How many times a month are you being racially humiliated? Is it the same sort of racial humiliation each time or does it vary? Is it just one bully who is doing this or is it a group of bullies? Does the group have a leader or does the group leader often change?

# INCIDENT REPORT

## INCIDENT REPORT

### Was it Sexual?

Was the bullying incident(s) sexual in nature? YES ☐ NO ☐

If YES, mouse click on the description of the incident(s) that most closely describes what you experienced. On the next page, carefully describe exactly what happened to you.

## SEXUAL HUMILIATION

LESS  
SEVERE



SEVERE

- |                                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                      |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>• Telling sexual jokes within the target's earshot</li> <li>• Steering conversation into too personal areas</li> <li>• Calling a boy target gay</li> <li>• Calling a girl target a lesbian</li> <li>• Undermining a boy target's athletic prowess</li> <li>• Undermining a girl target's belief in her beauty</li> </ul> | <ul style="list-style-type: none"> <li>• Leers, whistles, catcalls</li> <li>• Bra snapping</li> <li>• Verbal requests for unwanted sex</li> <li>• Repeatedly asking target to go on unwanted dates</li> <li>• De-panting</li> <li>• Calling a girl target a slut or a whore</li> </ul> | <ul style="list-style-type: none"> <li>• Creating rumors of the target having had sex with another</li> <li>• Grabbing the victim's breasts or butt</li> <li>• Crowding the target (standing too close, cornering, following too close, etc.)</li> <li>• Systematically suggesting to a boy target's male and female friends that the target lacks virility and is destined to become gay</li> </ul> | <ul style="list-style-type: none"> <li>• Secretly telling a girl target's male and female peers that the target is crazy for sex and will give oral sex to any boy brave enough to ask for it</li> <li>• Spreading rumors that a boy target is having sex with another boy</li> <li>• Threats of sexual assault</li> <li>• Sexual assault</li> <li>• Rape</li> </ul> |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

Please continue to the next page.

# INCIDENT REPORT

## INCIDENT REPORT

### Was it Sexual? (cont.)

**Please write down exactly what happened to you in the space provided below.**

Be sure to answer: How many times a month are you being sexually humiliated? Is it the same sort of sexual humiliation each time or does it vary? Is it just one bully who is doing this or is it a group of bullies? Does the group have a leader or does the group leader often change? Do the rumors seem to get more exaggerated over time?

# INCIDENT REPORT

INCIDENT  
REPORT



VIDEO: Students talk about the powerful emotions that targets of bullying experience

What Does  
Bullying  
**Feel** Like?

# INCIDENT REPORT

## INCIDENT REPORT

### How Did You Feel Afterwards?

Please check the box next to the words that most describe how you felt immediately after the incident(s), then mouse click to check a number from 1 to 5 to describe the intensity of your feelings.

For example, if you felt a little ashamed, circle the number 1. If you felt very ashamed, circle the number 5.

<input type="checkbox"/> Anger	1	2	3	4	5
<input type="checkbox"/> Fear	1	2	3	4	5
<input type="checkbox"/> Rage	1	2	3	4	5
<input type="checkbox"/> Shame	1	2	3	4	5
<input type="checkbox"/> Humiliation	1	2	3	4	5
<input type="checkbox"/> Loneliness	1	2	3	4	5
<input type="checkbox"/> Self-Hatred	1	2	3	4	5
<input type="checkbox"/> Pathetic	1	2	3	4	5
<input type="checkbox"/> Hopeless	1	2	3	4	5
<input type="checkbox"/> Desire for Revenge	1	2	3	4	5

Now, look over your scores. If you find that you're scoring high on this exercise, don't worry. You're entitled to strong feelings because being bullied is a difficult experience. It's very important for you to be mindful of your future actions because strong emotions can lead to impulsive and destructive behavior.

# INCIDENT REPORT

## INCIDENT REPORT

### CONGRATULATIONS!

You have now completed the Incident Report and hopefully you have begun to cut through the “fog” that is caused by bullying. You have started the journey towards gaining a better understanding of your bullying situation.

Your next four missions have all been created to help you learn how to improve your bullying situation by:

- better understanding your emotions,
- gaining a more realistic perspective on the bullies
- learning about the Isolation trap and how to escape it
- investigating reasons why you have become a target
- developing skills to help you stop being a target
- rebuilding your self-esteem and your self-confidence
- learning how to develop a protective social network
- strengthening your relationships with your best friends

You’ve shown tremendous courage by admitting to yourself that you could use some help. You’ve started down a very important path. We hope you’ll continue this journey. The next mission is called “Demystify Your Bullies.”

To download

**Mission Two: Demystify Your Bullies**

please go to: [www.survivingbullies.com](http://www.survivingbullies.com)