# Hassle Box

Name: _____________________________  Date: __/__/__

## Day
- [ ] Monday
- [ ] Tuesday
- [ ] Wednesday
- [ ] Thursday
- [ ] Friday

## Time
- [ ] Morning Session
- [ ] Lunch
- [ ] Recess
- [ ] Afternoon Session
- [ ] Middle Session

## Where were you?
- [ ] Classroom
- [ ] Playground
- [ ] Toilets
- [ ] Library
- [ ] Music
- [ ] Line up
- [ ] Sport
- [ ] Other

## What happened?
- [ ] Somebody teased me
- [ ] I teased someone
- [ ] Someone was unkind to me
- [ ] I was unkind to someone
- [ ] Somebody started fighting with me
- [ ] I started fighting with someone
- [ ] Other (describe)

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## Who was involved?
- [ ]

## What did you do?
- [ ] Hit back
- [ ] Ignored
- [ ] Called them names
- [ ] Talked it out
- [ ] Ran away
- [ ] Yelled
- [ ] Told parent/ teacher
- [ ] Threw something
- [ ] Cried
- [ ] Broke something
- [ ] Walked away calmly
- [ ] Walked away calmly
- [ ] Other ………………
What happened?

To you?

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To the other person?

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Was it bully-type behaviour?

☐ Physical – hitting, punching, kicking, pinching, pushing, tripping etc
☐ Verbal – teasing, calling names, spreading rumours etc
☐ Exclusion – leaving people out of games, refusing to sit next to someone, not being chosen as work partner etc
☐ Non verbal - unkind looks, written notes, graffiti, rude gestures etc
☐ Extortion – threatening to take someone’s money or food or personal belongings etc
☐ Property – stealing other people’s things, hiding their personal belongings, destroying someone’s personal items etc
**Did you remember?**

<table>
<thead>
<tr>
<th>Assertive</th>
<th>Or</th>
<th>Aggressive</th>
<th>Or</th>
<th>Passive</th>
</tr>
</thead>
<tbody>
<tr>
<td>How assertive were you?</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>Poor</td>
<td>Not very</td>
<td>OK</td>
<td>Good</td>
<td>Great</td>
</tr>
</tbody>
</table>

**Step 1:** Try to ignore them

| How well did you remember to try to ignore? | 1 | 2 | 3 | 4 | 5 |
| Poorly | Not so well | OK | Good | Great |

**Step 2:** Tell them to stop!

| How well did you remember to tell them to stop? | 1 | 2 | 3 | 4 | 5 |
| Poorly | Not so well | OK | Good | Great |

**Step 3:** Walk Away!

| How well did you remember to try walking away? | 1 | 2 | 3 | 4 | 5 |
| Poorly | Not so well | OK | Good | Great |

**Step 4:** Tell the teacher

| How well did you remember to tell the teacher? | 1 | 2 | 3 | 4 | 5 |
| Poorly | Not so well | OK | Good | Great |
What could you do next time?

☐ Stand up for myself in a positive way

☐ Try talking to the person

☐ Ignore the situation - keep playing or working

☐ Talk to a friend to get ideas

☐ Walk away and ignore the person completely

☐ Stand up for someone else in a positive way

☐ Tell someone who may be able to help [teacher, duty teacher]

☐ Other . . .