

The Handling Bullying Questionnaire (HBQ)

Teachers have alternative ways of dealing with incidents of bullying in a school.

To some extent, what is done depends on the circumstances in which the bullying takes place, and the severity of the bullying. It is, of course, sometimes difficult to generalize, but in answering the following questions, indicate what you think you **might** do.

Imagine the following scenario:

A 12-year-old student is being repeatedly teased and called unpleasant names by another, more powerful, student who has successfully persuaded other students to avoid the targeted person as much as possible. As a result, the victim of this behaviour is feeling angry, miserable, and often isolated.

Please tick the answer which is closest to what you think you would do.

	<i>I definitely Would</i>	<i>I probably Would</i>	<i>I'm unsure</i>	<i>I probably would not</i>	<i>I definitely would not</i>
1. I would insist that the bully "cut it out."	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I would treat the matter lightly.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. I would make sure the bully was suitably punished.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I would discuss the matter with my colleagues at school.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. I would convene a meeting of students, including the bully or bullies, tell them what was happening, and ask them to suggest ways they could help improve the situation.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. I would tell the victim to stand up to the bully.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. I would make it clear to the bully that his or her behaviour would not be tolerated.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. I would leave it for someone else to sort out.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. I would share my concern with the bully about what happened to the victim, and seek to get the bully to behave in a more caring and responsible manner.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

10. I would let the students sort it out themselves.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. I would suggest that the victim act more assertively.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. I would discuss with the bully options from which he or she could make a choice in order to improve the situation.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. I would ask the school counsellor to intervene.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. I would refer the matter to an administrator (e.g., principal, vice-principal, dean).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. I would contact the victim's parents or guardians to express my concern about their child's well-being.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16. I would just tell the kids to "grow up."	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17. I would encourage the victim to show that he or she could not be intimidated.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18. I would ignore it	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19. I would help the bully achieve greater self-esteem so that he or she would no longer want to bully anyone.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20. I would insist to the parents(s) or guardian(s) of the bully that the behaviour must stop.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
21. I would find the bully something more interesting to do.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
22. I would advise the victim to tell the bully to "back off."	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

In using this questionnaire cite **The Handling Bullying Questionnaire (HBQ) (Bauman, Rigby & Hoppa, 2008)**.

Note: Feel free to make copies and use at your school with staff members. Afterwards you may find it useful to discuss why members answered as they did. It can be used to identify there is a general consensus or differences of opinion in a school staff about how cases of bullying should be handled.