



Bullying Incident Log and Plan

Completing the below log will help you explain, to a trusted person, what has been happening to you.

Think about the bullying you have experienced, seen, or even done yourself. Describe the situation, including where it happened, who was involved, what happened and how it made you feel.

Date and Time	What happened? (what was said or done to you?)	Who was involved? (their names or a description)	Where did the bullying occur? (bus, playground, online etc.)	How did it make you feel?	Were there any witnesses?

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Now consider what you would like to see done about it. Include what you would like to see happen, how things could be changed and what would help you feel back in control of the situation. Next, think about the steps needed to make those changes happen. Consider what role you need to take, who would need to be involved and what they would need to do .

Describe what you like to see done about the bullying. Think about how the situation can be stopped or prevented.	What steps can you take to make it happen? Who can help you? What can they do and what can you do?