

Bullying Behaviour Incident Log

This log is here to help you share with a trusted adult or your school anything that has happened that is making you feel sad or scared. This could have happened either in school, on the journey to and from school, or online.

For example, this can be things that have been said to you, names you may have been called, rumours others are spreading, online photos, posts or comments, or any other way someone has tried to hurt you – whether face to face or online.

The purpose of the log is to help people understand what you are going through, how it is making you feel, and what they can do to help.

Name	
Class/Year	
Date	

How do you feel right now?	
What would make things better for you?	

What happened?	
Where did it happen?	
When did it happen?	
Who was involved?	
Did you tell anyone?	
How did it make you feel?	

Bullying Behaviour School Contact Log

This log is for you to keep a record of the contact you have had with the school about an incident of bullying behaviour that has affected you.

Date of Contact	
Type of Contact (email, meeting, phone)	
Staff Member	
Actions Agreed	
Outcome	