



PALWATCH QUIZ

SEE IF YOUR FRIEND IS BEING
BULLIED OR NEEDS HELP.
TICK THE BOX YOU THINK FITS.
SHOW YOUR TEACHER OR PARENT
DR JEAN HEALEY©

IS MY FRIEND BEING BULLIED? MY FRIEND IS-----

1. They say they are afraid of someone yes no

2. They try to stay away from somebody we know yes no

3. Looks unhappy or sad or cries at times yes no

4. Asks for help to stop getting hurt yes no

5. Will not go to some places alone yes no

6. They say they get mean texts or messages yes no

7. They say someone takes or breaks their things yes no

8. Says someone calls them mean names yes no

9. Sometimes gets hit by someone we know yes no

10. Looks afraid or scared of someone yes no