

# Teasing Inventory

**During the past week I have been teased (make a mark to show how much)...**



**Terribly**

**not at all**

Who did the teasing?

Describe the teasing.

How did you feel? (for example angry, sad, scared, frustrated...)

What did you do?

How did you feel then?

Did you need adult help?  No  Yes Did you receive help from an adult?  No  Yes

**During the past week I have witnessed someone else being teased...**



**Terribly**

**not at all**

Who was being teased?

Who did the teasing?

Describe the teasing.

How did you feel?

What did you do?

How did you feel then?

Was adult help needed?  No  Yes Was help from an adult received?  No  Yes

**During the past week I have teased someone else.**



**Terribly**

**not at all**

Who did you tease?

Describe the teasing.

Why do you think you teased the other person?

How did you feel?

Did you need adult help?  No  Yes Did you receive help from an adult?  No  Yes

Is there any problem with the person you were teasing now?  No  Yes

Is there anything you need to do to improve things?

Name \_\_\_\_\_ Date \_\_\_\_\_