

## BULLYDOWN PHASE THREE BETA TEST: BASELINE AND FOLLOW-UP SURVEYS

### [Baseline survey introduction]

*Welcome to BullyDown! We're pleased you're here.*

*We have a few questions for you. Well, more than a few – but it shouldn't take more than about 25 minutes.*

*Your answers are completely private. We will not share your answers with anyone, including your parents or your teachers. Please answer as best and honestly as you can.*

*Let's get started!*

### [Follow-up survey introduction]

*Welcome back! It's been a while! Great to see you.*

*We have a few questions for you. Well, more than a few – but it shouldn't take more than about 30 minutes.*

*Your answers are completely private. We will not share your answers with anyone, including your parents or your teachers. Please answer as best and honestly as you can.*

*Let's get started.*

**[Q1-Q8 are shown on next page for baseline survey only]**

*If at any time, you need to take a break, you can click on the 'pause' button at the bottom of the screen; and come back later.*

*Let's start off with some general questions about your cell phone. If you have more than one cell phone, tell us about the phone that you are using for BullyDown*

1. On an average day, how many text messages do you **send**?
  1. NUMERIC: range 0 – 999
  2. Do not want to answer
2. On an average day, how many text messages do you **receive**?
  1. NUMERIC: range 0 – 999
  2. Do not want to answer
3. How long have you had your current cell phone number (the one you are using for BullyDown)?
  1. 1 month or less
  2. More than 1 month but less than 6 months
  3. 6 months or more but less than 1 year
  4. 1 year or more but less than 2 years
  5. 2 years or longer
  6. Do not want to answer
4. Can you connect to the Internet with your phone?
  1. No
  2. Yes
  3. I don't know
  4. Do not want to answer

**[Q5 is shown if "yes" is selected in Q4.]**

5. Again, thinking about the phone you are using for BullyDown, what operating system is it running?
  1. Android / Google
  2. iPhone
  3. Windows
  4. I don't have a smartphone
  5. I don't know
  6. Do not want to answer

6. Can you receive picture text messages on your phone?

1. No
2. Yes
3. I don't know
4. Do not want to answer

7. How often do other people look at your private things on your phone (such as text messages or emails) without your permission?

1. Never
2. Sometimes
3. Often
4. All of the time
5. Do not want to answer

[Q8 is shown if "Sometimes," "Often," or "All of the time" is selected in Q7.]

8. Who looks at text messages or emails on your phone without your permission? Choose all that apply.

[Grid]

1. No
  2. Yes
  3. Do not want to answer
- A. Parents
  - B. Friends
  - C. Brothers / sisters
  - D. Someone else

**[This grid and question below is shown on next page for follow-up survey only]**

*To begin, we would like to hear your thoughts about the BullyDown program. Your feedback will help us improve the program so we really appreciate your honesty.*

*Below are statements about the BullyDown program. Please indicate how much you agree or disagree with each one.*

	Strongly disagree	Disagree	Agree	Strongly agree	Do not want to answer
I like the BullyDown program	A	B	C	D	E
I learned things in BullyDown that will help me not bully others in the future.	A	B	C	D	E
I learned things in BullyDown that will help me not be bullied by others in the future.	A	B	C	D	E
I learned things in BullyDown that will help me stop bullying when I see it happening to others.	A	B	C	D	E
I do <u>not</u> think that people like me should go through the BullyDown program	A	B	C	D	E
BullyDown talked too much about feelings.	A	B	C	D	E
BullyDown talked too much about bullying.					
The text messages were easy to understand.	A	B	C	D	E
BullyDown talked about things that my friends and I experience in our lives.	A	B	C	D	E
BullyDown sent too many text messages	A	B	C	D	E
I stopped reading the text messages by the end of the BullyDown program	A	B	C	D	E
BullyDown got in the way of my daily schedule	A	B	C	D	E

*One last question on this topic:*

Please rank the program components from your favorite (1) to your least favorite (4):

- A. Text messages      —
- B. Text Buddy        —
- C. Forever Friend    —

## D. Level Up Questions \_\_\_\_

[The remainder of the survey is asked during both baseline and follow-up, except where noted.]

Teen Conflict Survey Empathy (Bosworth & Espelage, 1995) & Impulsivity Scale

9. Great! Now let's change topics a bit. In general, how often would you say the following about yourself?

	Never	Sometimes	Often	Always	Do not want to answer
I can listen to others.	A	B	C	D	E
Kids I don't like can have good ideas.	A	B	C	D	E
I get upset when my friends are sad.	A	B	C	D	E
I trust people who are not my friends.	A	B	C	D	E
I am sensitive to other people's feelings, even if they are not my friends.	A	B	C	D	E
I have a hard time sitting still.	A	B	C	D	E
I start things but have a hard time finishing them.	A	B	C	D	E
I do things without thinking.	A	B	C	D	E
I need to use a lot of self-control to keep out of trouble.	A	B	C	D	E

Caring Behavior (Crick, 1994; Espelage, Mebane, & Adams, 2004)

10. For each of the following statements, please choose how many times you have done this in the **past 30 days**.

	Never	1 or 2 times	3 or 4 times	5 or 6 times	7 or more times	Do not want to answer
I said or did nice things for other kids.	A	B	C	D	E	F
I tried to cheer up other kids who feel upset or sad.	A	B	C	D	E	F
I let others know that I cared about them.	A	B	C	D	E	F
I helped out other kids when they needed it.	A	B	C	D	E	F

**Positive Attitudes Toward Bullying Scale & Willingness to Intervene Scale (Espelage, Mebane, & Adams, 2004)**

11. Fantastic! Now, please indicate how much you agree or disagree with the following statements:

	Strongly disagree	Disagree	Agree	Strongly agree	Do not want to answer
A little teasing doesn't hurt anyone.	A	B	C	D	E
I don't care what mean things kids say, as long as it's not about me.	A	B	C	D	E
If someone is being teased too much, it's not my problem.	A	B	C	D	E
If a kid is being teased a lot, I will tell an adult.	A	B	C	D	E
If someone is teasing another person a lot, I will tell him or her to stop.	A	B	C	D	E
When a kid is being teased, I stick up for him or her.	A	B	C	D	E
If a good friend is being teased a lot, I will tell an adult.	A	B	C	D	E
If someone is teasing a good friend a lot, I will tell him or her to stop.	A	B	C	D	E

12. How often have the following statements described your feelings or actions in the **past 30 days**?

	Never	1 or 2 times	3 or 4 times	5 or 6 times	7 or more times	Do not want to answer
I lost my temper for no reason.	A	B	C	D	E	F
I was mean to someone when I was angry	A	B	C	D	E	F
I was angry all day	A	B	C	D	E	F

Ok. You're doing really well. Now we have some questions for you that are about bullying. Remember that we will keep your answers completely private.

*Bullying can happen anywhere, like at school, at home, or other places you hang out. It can happen face-to-face, online, or on text messaging.*

13. In the **past 30 days...**

	Never	1 or 2 times	3 or 4 times	5 or 6 times	7 or more times	Do not want to answer
Someone spread rumors about me whether they were true or not	A	B	C	D	E	F
Someone harassed me (in a group or on their own)	A	B	C	D	E	F
Someone upset me for the fun of it	A	B	C	D	E	F
Someone started arguments or conflicts with me	A	B	C	D	E	F
Someone told me that they would stop liking me unless I did what they said	A	B	C	D	E	F
Someone tried to keep me from being in their group when everyone was hanging out	A	B	C	D	E	F
Someone told lies or said mean things about me so other people wouldn't like me	A	B	C	D	E	F
Someone picked on me	A	B	C	D	E	F
Someone made fun of me or teased me in a nasty way	A	B	C	D	E	F
Someone called me mean names	A	B	C	D	E	F
Someone was mad at me, and got back at me by not letting me be in their group anymore.	A	B	C	D	E	F
Someone made threatening or aggressive comments to me	A	B	C	D	E	F
Someone hit, kicked, pushed, or shoved me	A	B	C	D	E	F

[Note: Q13.1 and Q13.9-Q13.13 are from Growing up with Media; Q13.1-Q13.4 and Q13.8-Q13.10 are modified from University of Illinois Bully Scale; Q13.5-Q13.7 and Q13.11 are modified from Crick's relational survey]

14. In the **past 30 days**, how many times have you been bullied by someone ...?

	Never	1 or 2 times	3 or 4 times	5 or 6 times	7 or more times	Do not want to answer
In person	A	B	C	D	E	F
By phone call (on a cell phone or landline)	A	B	C	D	E	F
By text message	A	B	C	D	E	F
Online (this could be on a computer, your phone, or some other device)	A	B	C	D	E	F

15. In the **past 30 days**, how many times have you been bullied by someone ...?

	Never	1 or 2 times	3 or 4 times	5 or 6 times	7 or more times	Do not want to answer
At home	A	B	C	D	E	F
At school	A	B	C	D	E	F
On the way to and from school	A	B	C	D	E	F
Somewhere else	A	B	C	D	E	F

[Q16-Q19 are shown if any bullying was indicated in Q14 or Q15.]

16. Thinking just about the **past 30 days**, were you ever bullied by someone who had more power or strength than you? This could be because the person was bigger than you, had more friends, was more popular, or had more power than you in another way.

1. No
2. Yes
3. Do not want to answer



17. When you were bullied in the **past 30 days**, was it done repeatedly, so that it happened again and again?

1. No
2. Yes
3. Do not want to answer

18. How much has being bullied in the **past 30 days** gotten in the way of...?

[GRID]

1. Not at all
  2. Not very much
  3. Somewhat
  4. A lot
  5. Do not want to answer
- 
- A. Your school work
  - B. Your relationships with friends
  - C. Your relationships with family members

19. Think about the time you were bullied in the **past 30 days** that you remember the most. How did you feel when it happened?

1. Not at all upset
2. Somewhat upset
3. Upset
4. Very upset
5. Extremely upset
6. Does not apply to me
7. Do not want to answer

*Ok. I know these questions might be hard to answer. Thanks for sticking with it.*

*The following questions are about things you may have done to other people your age. Remember that your answers are private. We won't tell your parents, your teacher, or anyone else outside of the study team what you tell us here.*

20. In the **past 30 days**, how many times have you bullied someone by...

	Never	1 or 2 times	3 or 4 times	5 or 6 times	7 or more times	Do not want to answer
I spread rumors about someone, whether they were true or not	A	B	C	D	E	F
I harassed someone (in a group or on my own)	A	B	C	D	E	F
I upset other people for the fun of it	A	B	C	D	E	F
I started arguments or conflicts	A	B	C	D	E	F
I told someone that I would stop liking them unless they did what I said	A	B	C	D	E	F
I tried to keep certain people from being in my group when we were hanging out	A	B	C	D	E	F
I told lies or said mean things about someone so other people wouldn't like them	A	B	C	D	E	F
I picked on someone	A	B	C	D	E	F
I made fun of someone or teased them in a nasty way	A	B	C	D	E	F
I called someone mean names	A	B	C	D	E	F
When I was mad at someone, I got back at the person by not letting the person be in my group anymore.	A	B	C	D	E	F
I made threatening or aggressive comments to someone	A	B	C	D	E	F
I hit, kicked, pushed, or shoved someone	A	B	C	D	E	F

[Note: Q20.1 and Q20.9-Q20.13 are from Growing up with Media; Q20.1-Q20.4 and Q20.8-Q20.10 are modified from University of Illinois Bully Scale; Q20.5-Q20.7 and Q20.11 are modified from Crick's relational survey]

21. In the **past 30 days**, have you bullied someone...?

	Never	1 or 2 times	3 or 4 times	5 or 6 times	7 or more times	Do not want to answer
In person	A	B	C	D	E	F
By phone call (on a cell phone or landline)	A	B	C	D	E	F
By text message	A	B	C	D	E	F
Online (this could be on a computer, your phone, or some other device)	A	B	C	D	E	F

22. In the **past 30 days**, have you bullied someone...?

	Never	1 or 2 times	3 or 4 times	5 or 6 times	7 or more times	Do not want to answer
At home	A	B	C	D	E	F
At school	A	B	C	D	E	F
On the way to and from school	A	B	C	D	E	F
Somewhere else	A	B	C	D	E	F

[If any bullying is indicated “Somewhere else”]:

Somewhere else, please specify: [NON-MANDATORY TEXT BOX]

*Just a few more questions on this topic and then we'll move on.*

[Q23-Q26 are shown if any bullying is indicated in Q21-Q22]

23. Thinking just about the **past 30 days**, did you have more power or strength than the people you bullied? This could be because you were bigger, had more friends, were more popular, or had more power in another way.

1. No
2. Yes
3. Do not want to answer

24. When you bullied someone in the **past 30 days**, was it done repeatedly, so that it happened again and again?

1. No
2. Yes
3. Do not want to answer

25. How much has bullying someone else in the **past 30 days** gotten in the way of...?

[GRID]

1. Not at all
2. Not very much
3. Somewhat
4. A lot
5. Do not want to answer

- A. Your school work
- B. Your relationships with friends
- C. Your relationships with family members

26. Think about the time you bullied someone in the **past 30 days** that you remember the most. How did you feel when it happened?

1. Not at all upset
2. Somewhat upset
3. Upset
4. Very upset
5. Extremely upset
6. Does not apply to me
7. Do not want to answer

*Congratulations! We are almost at the end of the survey. Just a few more questions to help us classify your answers and you're out of here.*

27. What is your sex?

1. Male
2. Female
3. Do not want to answer

28. What is your age?

1. 10 years old
2. 11 years old
3. 12 years old
4. 13 years old
5. 14 years old
6. 15 years old
7. Do not want to answer

29. What grade are you in?

1. 7<sup>th</sup> grade
2. 8<sup>th</sup> grade
3. Do not want to answer

30. What kinds of grades do you get in school?

1. Mostly A's
2. Mostly A's and B's
3. Mostly B's
4. Mostly B's and C's
5. Mostly C's
6. Mostly C's and D's
7. Mostly D's
8. Mostly D's and lower
9. My school does not give out grades
10. Do not want to answer

31. What is your race?

1. White or Caucasian
2. Black or African American
3. Asian
4. Native Hawaiian or Other Pacific Islander
5. Native American or Alaskan Native
6. Mixed racial background
7. Other \_\_\_\_\_
8. Do not want to answer

32. Are you of Hispanic ethnicity?

1. No
2. Yes
3. Do not want to answer

33. How would you describe your family's income?

1. Lower than the average family
2. Similar to the average family
3. Higher than the average family
4. Do not want to answer

34. To the best of your knowledge, what is the highest level of education your mother completed, or the highest degree she received?

1. Less than high school
2. Completed some high school
3. Completed high school/GED
4. Completed some college
5. Associate degree
6. Completed college
7. Completed some graduate school
8. Completed graduate school
9. I don't know
10. Do not want to answer

35. To the best of your knowledge, what is the highest level of education your father completed, or the highest degree he received?

1. Less than high school
2. Completed some high school
3. Completed high school/GED
4. Completed some college
5. Associate degree
6. Completed college
7. Completed some graduate school
8. Completed graduate school
9. I don't know
10. Do not want to answer

36. Lastly, how much do you agree or disagree with the following statements?

	Strongly disagree	Disagree	Agree	Strongly agree	Do not want to answer
I answered the questions honestly.	A	B	C	D	E
It is important to ask people my age questions like these	A	B	C	D	E
The place where I did the survey felt private and safe to me.	A	B	C	D	E
The survey was too long	A	B	C	D	E

**[Shown on next page for baseline survey]**

*That's it! Thank you for your time and answering these survey questions.*

*Some questions might make you feel sad or make you think about things that have upset you in the past. We encourage you to talk to your friends, family, teachers, or other trusted people if this is true for you.*

*Your BullyDown text messages will start in the next couple of days. Please contact Tonya if you do not receive messages within 7 days.*

*Have a great rest of your week!*

**[Shown on next page for follow-up survey]**

*That's it! Thank you for your time and answering these survey questions.*

*Some questions might make you feel sad or make you think about things that have upset you in the past. We encourage you to talk to your friends, family, teachers, or other trusted people if this is true for you.*

*Thank you for your time and help testing BullyDown. Your participation makes a difference!*



**BULLYDOWN PHASE THREE**  
**BETA TEST: BIWEEKLY CHECK-IN SURVEY INSTRUMENT**  
**TEXT AND PROGRAMMING NOTES**

Time period message sent	Question #	Question
End of week 2	1	BullyDown here! Hope you're having a great day. Just a few questions to see how things are going in the program. Text "ok" when you're ready.
End of week 2	2	First, how much are you liking BullyDown? Text me back a number from 1 to 10, with 1 being "hate it" and 10 being "love it!"
End of week 2	3	Great! What do you think of the messages? Are they confusing? Boring? Interesting? Fun? Text me back what you think and why. The more details, the better.
End of week 2	4	In the past 7 days, have you bullied anyone? (at school, at home, online, in-person. It could be hitting, spreading rumors, or other things.) Text "yes" or "no"
End of week 2	5	Lastly, is there anything about your experience in the program that you'd like me to know at this point? Text your feedback or text "no".
End of week 2	6	And, that's it! Thanks for letting me know how things are going. Take care.
End of week 4	1	BullyDown here! Somehow we are at the end of Week 4. Just a few questions to see how things are going. Text "ok" when you're ready to go.
End of week 4	2	First, what one BullyDown text message over the past 4 weeks sticks out in your mind, and why?
End of week 4	3	Thanks! How easy or hard has it been to read your texts the same day we send them to you? Text me a number between 1 (really hard) and 5 (really easy).
End of week 4	4	In the past 7 days, have you bullied anyone? (at school, at home, online, in-person. It could be hitting, spreading rumors, or other things.) Text "yes" or "no"
End of week 4	5	Ok. Last question: Is there anything about your experience in the program that you'd like me to know at this point? Text your feedback or text "no".
End of week 4	6	And there we go! Thanks for taking the time to give me your feedback. Have a great rest of your day!

End of week 6	1	Hey [name] - BullyDown here! I wanted to check in to see how things are going in the program. Text "ok" when you have a couple of minutes.
End of week 6	2	First, what is one thing that you really like about BullyDown and why? The more detailed you can be, the better.
End of week 6	3	Ok. And what is one thing that you really do not like about BullyDown or think that we need to make better, and why? Again, detail is helpful.
End of week 6	4	In the past 7 days, have you bullied anyone? (at school, at home, online, in-person. It could be hitting, spreading rumors, or other things.) Text "yes" or "no"
End of week 6	5	What else about your experience in the program would you like me to know at this point? Text your feedback or text "nothing".
End of week 6	6	And, that's it! Thanks for letting me know how things are going. I hope you have a great rest of your day!
<hr/>		
End of week 8	1	Hello from BullyDown! Somehow, we've reached the end of the program. I have just a few questions for you. Text "yes" when you're ready.
End of week 8	2	First, how would you rate the number of messages that we send you each week? Text me what you think: too few, too many, or just right.
End of week 8	3	How likely are you to recommend BullyDown to your friends? Text back a number between 1 and 5, with 1 being "not at all likely" and 5 being "extremely likely".
End of week 8	4	In the past 7 days, have you bullied anyone? (at school, at home, online, in-person. It could be hitting, spreading rumors, or other things.) Text "yes" or "no"
End of week 8	5	Is there anything about the program that you'd like me to know about your experience at this point? text "no" or text your feedback.
End of week 8	6	And, that's it! Thanks for letting me know how things are going. Take care.