

## Annexe B: Project proposal form

Learner name

Learner registration number

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Centre name

Centre number

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Tutor-assessor name

Date

### Section One: About the project

Title or working title of project (in the form of a question):

I want to do some research into bullying, I'm going to look into where does bullying take place & how does it make you feel

Project objectives (eg, what is the question you want to answer? What do you want to learn how to do? What do you want find out?)

- 1- to extend my knowledge about bullying
- 2- to find out how bullying makes teenagers feel.
- 3- to find out where bullying happens.

Form of project outcomes (eg report, performance, design, artefact)

I am going to write a written report on my research area, and I might use this to put a website together later on.

If it is a group project, what will your role or responsibilities be?

Not a group project.

### Section Two: Reasons for choosing this project

Reasons for choosing the project (eg links to other subjects you are studying, personal interest, future plans, knowledge/skills you want to improve, importance of topic):

I have had friends that have been bullied and seen the effects it had on them, I want to find out more about bullying to try and support people who have been subjected to it.

It will help me in my future career in health & social care.

Level 1 and 2 exemplar Project Proposal Form. This form is for reference only. Please refer to the Edexcel website to download a copy of this form.

Section Three: Activities

Activities to be carried out during the project:

Secondary Research, Primary Research  
using a questionnaire

Milestone one: complete secondary research.

Target date (set by tutor-assessor): 13/11/08

Milestone two: complete Primary Research & write  
up conclusions.

Target date (set by tutor-assessor): 20/01/09

Section Four: Resources

What resources will you need and what will you use them for? (eg libraries and research resources, physical resources, technology and equipment)

Secondary resources such as internet sites  
& books.

Primary Research - A questionnaire that I will put together.

Comments and agreement from tutor/assessor

Is the learner taking this project as part of a Diploma? Yes/No

If yes, which Diploma are they taking? \_\_\_\_\_

Comments (optional):

I confirm that the project is appropriate.

Agreed: \_\_\_\_\_ (name) \_\_\_\_\_ (date)  
3-10-08

Comments and agreement from proposal checker

Comments (optional):

This should be an interesting project although  
the learner has give herself 2 points  
I confirm that the project is appropriate. to consider - change to 1?

Agreed: \_\_\_\_\_ (name) \_\_\_\_\_ (date)  
28/10/08

## Annexe C: Activity log

Activity log for reference only. Please refer to the website to download a copy of this form.

Learner name:

Learner registration number:

Centre name:

Centre number:

Teacher-assessor name:

Use this to record the progress of your project. You may want to discuss:

- What you have done (eg from one week to the next)
- (if you are working in a group), what discussions you have had
- Any changes that you have (or will need) to make to your plans
- What resources you have found/hope to find
- What problems you are encountering and how you are solving them
- What you are going to do next

Date	Comments
11/09/2008	our group met and we looked at how research was done in health & social care.
25/09/08	we made our way up to the computer room and looked up lots of websites for a project I may be interested in. I really want to do it on Bullying, so I looked at some Bullying websites.
9/10/08	I'm going to meet my tutor and discuss what I'm going to do. I have decided to research, Bullying.

turn over →

13/11/08

I am going to try and find at least 5 sources of Secondary research from lot of different things such as Newspapers ... etc. then I will write a Summary about them

27/11/08

I ~~am~~ have finished my Questionnaire I will give them out next week and get it back before Christmas.

6/1/09

I now have all my questionnaires back and everyone filled them out perfectly. Not one person who filled the questionnaire out hadn't been buried before.

20/1/09

I typed up a conclusion for my questionnaire to show my results.

5/2/09

I carried on with writing up

## Report for my project

For my research project I decided to look into Bullying.

My Research question is in two parts, firstly I wanted to find out "How does bullying make you feel" and secondly "Where does it mainly take place?"

A01

I decided to do this because I think it's very important sometimes to talk about the effects of bullying and how it makes people feel because people have different emotions. I thought it would be interesting to look into where the most common place is where bullying takes place. The reason I chose bullying is because I think everyone has been bullied before and you can collect different information from different people about bullying, such as I made a questionnaire and gave it to 10 people to fill out and I got plenty of different information.

A01

7

I looked at both primary and secondary data by collecting information off the internet and making a questionnaire as I said above. The questionnaire was very successful and I got all the answers I would like but some I didn't expect.

I found out from my questionnaires that bullying makes people feel "scared and made me feel not wanted", "lonely and disliked", "crappy, rubbish, small and useless", "I felt horrible and really down", "upset" I expected these answers but I thought people wouldn't go into that much detail, but they did.

A03

From my secondary data I have found out that a bullied child may become..

- Become withdrawn or insecure
- Feel guilty that they have brought this on themselves
- Occasionally feel suicidal or even try to commit suicide
- Try to harm their tormentors
- Crying before they go to sleep

A03

I also found out that young children almost always tell you when they are being bullied but older children rarely do.

There are signs you should look out for if your child is being bullied or if your friend is being bullied, these are...

- Be reluctant to go to school
- Begin to bully his siblings and other friends
- Become aggressive, rude, or disobedient
- Cry himself to sleep or have nightmares
- Find it hard to concentrate and work hard at school
- Stop eating
- Start to stammer

In conclusion I have found answers to my research question that most people feel scared, lonely, disliked and not wanted when they get bullied. I found that bullying mainly takes place at school as well and people reckon this because school is full of different religions, cultures, race, so its easy to pick on someone because everyone is different to one another.

A03

I thought that my questionnaire would tell me that no-one got bullied or if they did it wouldn't affect them as much as they said it did. Half the people who completed my questionnaire said they would tell their parents if they got bullied but I was quite shocked because I would of thought they would either say they wouldn't tell anyone, or they would tell the school they were attending.

In reviewing my project as a whole I enjoyed doing it very much, and I think it went quite well

A04

I have learnt different skills such as how to make a questionnaire properly, time management, and researching skills. I also learnt what quantitative and qualitative data meant as I didn't have a clue what they were before! Good - - - -

When carrying out my project I came across the following problems...

I sometimes couldn't find the correct information needed to research bullying.

I forgot my memory stick a couple of times so couldn't complete some work if im honest!

A04

I was working a bit slow at the beginning and then when I realised I have to work a bit harder I started working a bit faster as well.

I didn't come into school once or twice because of being ill so I did come across a few problems whilst carrying out my project!

The way I dealt with these problems is just put my head down and knuckled down and thought to myself, "I have to do this!" although I couldn't really do much about being ill I did as much work as I could at home.

If I had the chance to do this project again I would do a few things differently such as, work a bit faster, research for more information and maybe ask people outside of school about being bullied. I could have even asked my family. I would also put more questions in my questionnaire, instead of 6 maybe 15.

A04

I would like to go on to use my project to make an internet site for school all about bullying, and if a student is being bullied they could contact the site on the internet from home and then write on a blog about being bullied and the situation and send it to school and the school would then know about it and could sort your problems out. Instead of having to face the teacher because that may scare some students so they would use my site to contact the school and let them know about being bullied.

Good

## **Conclusion for My teenage Bullying Questionnaire**

***I asked a few people from my school if they would take part in my questionnaire. I told them they didn't have to put their names on the piece of paper and it's completely confidential.***

*My first question I asked was...*

***1. Have you ever been bullied?***

*All the people that took part in the questionnaire ticked the YES box.*

*The second question I asked was...*

***2. If you have been bullied, was it, verbally, physically or mentally?***

*The answers I got were...*

- *Verbally + physically*
- *All 3 of them*
- *Verbally*
- *Verbally + physically*
- *Verbally*
- *All 3 of them*
- *All 3 of them*
- *Verbally (name calling)*

*I also asked, how did it make you feel?*

*The answers I got were...*

- *'Scared and made me feel like a dick'*
- *'Scared, lonely and disliked'*
- *'Scared and intimidated'*
- *'Crappy, rubbish, small and useless'*
- *'Like crap, and every hated me'*
- *'Small and scared'*
- *'I felt horrible and really down'*
- *'Upset'*

*The third question I asked was...*

***3. Did bullying affect your social life? How?***

*The answers I got were...*

*They all ticked the YES box.*

- *'I didn't want to go out my house'*
- *'I didn't have many people to go out with as a result of bullying'*
- *'I didn't like going out because I was scared'*

- 'Low confidence, hard to socialise with new people'
- 'Cause I didn't want to meet new people'
- 'Didn't go out with my friends as I was scared'
- 'I didn't want to go out I was too scared'
- 'Stopped me trusting people'

The fourth question I asked was...

4. If you were bullied, would you tell anyone about it? And who would you tell?

The answers I got were...

- 'family & teachers'
- 'parents'
- 'mum or teacher, or someone that has been bullied'
- 'friend'
- 'my mum'
- 'teacher, best friend, family, or sister'
- 'mummy'
- 'teacher / friend'

The fifth question I asked was...

5. Do you think bullying is a big issue in today's society and why?

The answers I got were...

- 'Yes, and bullying is unnecessary and getting out of hand'
- 'Yes, because it makes people feel unwanted'
- 'Yes, as lots of people say they are going to do something to prevent it but nothing happens'
- 'Yes, because lots of people are bullied and don't tell anyone so it carries on and on'
- 'Yes, people feel unsafe, more help is offered'
- 'Yes, because bullying is getting out of hand and people are doing silly things'
- 'Yes, because people are bullied everyday'
- 'Yes, because its happening everyday of life'

The sixth question I asked was...

6. Where do you think bullying mainly takes place?

Home, work, school, the street, nightclubs etc..

The answers I got were...

- School
- Home
- internet

- School
- Home
- Work
- School
- Work & school

6. Why do you think people become a bully?

- They used to get bullied themselves
- They enjoyed it
- they don't know
- because they feel they are better than everyone else

The answers to this questionnaire helped me draw the conclusion that the main effects of bullying are to make people feel scared, lonely, disliked, intimidated, small, not worth living and so on.. This is not my own view but I can see how it makes people feel as I have been bullied in the past, but I think you have to learn to stand up to the bully because then they cant overpower you and think they are better than you. If you stick up for yourself and act as a stronger and mature person then you cant sink to there level and they will feel stupid and most probably give up. I gave my questionnaire to 6 people in my school [redacted] and I was quite shocked because all 6 people have experienced being bullied. I don't think there is one person that hasn't been picked on or bullied before. My opinion is that It happens to everyone, and only the stronger people get through it.

A03

good point

## Introduction

*To gain primary data about my research project I put together a questionnaire.*

*I gave this out to 10 people within the relevant age group my questionnaire allowed me to collect both quantitative and qualitative data.*

*Quantitative research is widely used in both the natural sciences and social sciences, from physics and biology to sociology and journalism. It is also used as a way to research different aspects of education. The term quantitative research is most often used in the social sciences in contrast to qualitative research. I got this helpful information from the internet. There is plenty more information on there about quantitative and qualitative data.*

*Questions 1, 2 (part 1) 3, (part 1) 4, and 6 gave me qualitative data whereas questions 2 (part 2) 3 (part 2) and 5 gave me quantitative data.*

*If I were to re-do the project again I would go into more depth and detail with my questionnaire questions that I asked 10 people. I would give more information on bullying and maybe set up something around my school to prevent bullying! Other than that I think I did Ok but I do admit I could have put more effort into making it more detailed.*

**I collected this information from a site on the internet called Parentpedia ...**

**<http://family.go.com/parentpedia/school-age/behavior/children-bullying/>**

**This is what the experts say...**

While bullying may be a common part of growing up, don't take a wait-and-see approach, assuming children will work it out over time. Bullying can leave lifelong emotional scars.

"Parents should act quickly and be proactive in stopping the bullying actions regardless of what form they take -- verbal or physical," says Keith Vitali, martial arts expert and actor turned child activist. He is the author of the forthcoming book "Bully Proofing Your Child."

If your child reports being bullied, first console her with the assurance that it's not her fault, but that of the bully who has control issues. Next, find out if the bullying is verbal or physical. If it's taking place...

If your child reports being bullied, first console her with the assurance that it's not her fault, but that of the bully who has control issues. Next, find out if the bullying is verbal or physical. If it's taking place at school or on the bus, contact your child's teacher, principal, or bus driver and get them involved. Notify the parents of the bully.

If your child is called out as a bully, teach her empathy by asking her to picture herself in the other child's shoes. Making your child apologize to the victim in your presence can be the most memorable and effective punishment, while helping heal the relationship between the two children.

## **Bullying**

<http://www.wakefield.gov.uk/Education/AntiBullying/typesbullying.htm>

This is where i found my information...

Bullying in its truest form is comprised of a series of repeated intentionally cruel incidents, involving the same children, in the same bully and victim roles. This, however, does not mean that in order for bullying to occur there must be repeat offenses. Bullying can consist of a single interaction. Bullying behaviour may also be defined as a criminal act if the bully is twelve years of age or older.

### *Physical Bullies*

Physical bullies are action-oriented. This type of bullying includes hitting or kicking the victim, or, taking or damaging the victim's property. This is the least sophisticated type of bullying because it is so easy to identify. Physical bullies are soon known to the entire population in the school. As they get older, their attacks usually become more aggressive. These aggressive characteristics manifest themselves as bullies become adults.

### *Verbal Bullies*

Verbal bullies use words to hurt or humiliate another person. Verbal bullying includes name-calling, insulting, making racist comments and constant teasing. This type of bullying is the easiest to inflict on other children. It is quick and to the point. It can occur in the least amount of time available, and its effects can be more devastating in some ways than physical bullying because there are no visible scars.

### *Relational Bullies*

Relational or relationship bullies try to convince their peers to exclude or reject a certain person or people and cut the victims off from their social connections. This type of bullying is linked to verbal bullying and usually occurs when children (most often girls) spread nasty rumours about others or exclude an ex-friend from the peer group. The most devastating effect with this type of bullying is the rejection by the peer group at a time when children most need their social connections.

### **Physical Bullying**

This type of bullying involves such actions as shoving and poking, happy slapping, choking, punching and kicking, beating, stabbing,

pulling hair, scratching, biting, pinching, taking or deliberately damaging people's things.

**Verbal Bullying**

Verbal bullying can take the form of name calling, making insulting or offensive remarks and making verbal threats.

**Emotional Bullying**

Bullying using emotional tactics is characterised by the spreading of malicious rumours, gossip, lies or nasty stories, laughing at the victim or saying certain words that trigger a reaction from a past event. Other forms include the silent treatment, leaving people out of social groups, bullying those who want to socialise with the victim, and sending nasty text messages or emails, which is commonly known as cyber bullying.

# Project level 2

Learner name:

Secondary Source Literature Review.

Source 1.

Where is it from?

The internet

-where?

Do you think this source is reliable and valid? If not, why not?

Yes I think this source is reliable because I don't think the internet would lie about this subject, but then again the internet does lie about these sorts of things to make it sound more interesting so people will read them

How does this source help you with your research question?

This source helps me with my research question because I typed into Google 'Bullying' and it came up with lots of different types of bullying such as verbal, physical, emotional, and some place's you can get relational bullying. It gave me plenty of information that I have printed off. My research question was "What are the effects of bullying" and this source helped me with my research question because it gave me the following information about bullying ...

I got this information from Google, and then typed in "What are the effects of bullying" and it came up with the Bupa website then it gave me the following information below..

**A bullied child may:**

- become withdrawn, or insecure
- feel guilty that they have brought this on themselves - perhaps that there is something wrong with them rather than the bully
- occasionally feel suicidal or even try to commit suicide
- try to harm their tormentors.
- crying before sleep

**Young children almost always tell you when they are being bullied; older children rarely do. Being aware of signs that could mean your child is being bullied will help you both. If he or she is being bullied, your child may:**

- be reluctant to go to school, or take a different route without a plausible reason
- begin to bully his siblings and their friends
- become aggressive, rude or disobedient
- cry himself to sleep, wet the bed or have nightmares
- find it hard to work at school
- stop eating
- start to stammer

**This information helps me because it tells me what may happen to a child if they get bullied and what to look out for if you're a parent.**

where is this from?

## Teenage Bullying Questionnaire

**Disclaimer:** My name is \_\_\_\_\_ as part of my BTEC Diploma course I am currently researching facts on bullying. I would be grateful if you could take the time to complete the questions. You are free to stop at any time and your answers will be kept confidential between me and my tutor.

Tick the box

1. Have you ever been bullied?

Yes  No

2. If you have been bullied, was it, verbally, physically or mentally?

Verbally + physically  
How did it make you feel?

Upset.....

.....

3. How did bullying affect your social life?

Stopped me trusting.....

people.....

4. If you were bullied, would you tell anyone about it?

Yes  No  maybe

5. Who would you tell?

teacher / friend

6. Do you think bullying is a big issue in today's society?

Yes  No

Why?

bullying is unnecessary

and getting out of hand

7. Where do you think bullying mainly takes place?

Home, work, school, the street, nightclubs etc..

Please explain your answer....

8. Why do you think people become a bully?

Bad childhood

9. What can be done to reduce the amount of bullying in the UK?

Beat bullying

10. Who should do this?

Everyone

Thank you for your time.

## Teenage Bullying Questionnaire

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Tick the box

1. Have you ever been bullied?

Yes  No

2. If you have been bullied, was it, verbally, physically or mentally?

..verbally... (Name calling)

.....  
.....

How did it make you feel?

..scared and made

me feel like a [REDACTED]

3. Did bullying affect your social life?

Please tick the box

Yes  No

How?

..I didnt want to go out

of my house.....

4. If you were bullied, would you tell anyone about it?

Yes  No

5. Who would you tell?

Mummy

6. Do you think bullying is a big issue in today's society?

Yes  No

Why?

Because it makes people  
feel unwanted.....

7. Where do you think bullying mainly takes place?

Home, work, school, the street, nightclubs etc..  
Please explain your answer....

school and on the streets  
.....

8. Why do you think people become a bully?

Because they want to  
look big in front of their mates.

9. What can be done to reduce the amount of bullying in  
the UK?

lock people (bullies) in there  
houses.

.....

10. Who should do this?

Parents and schools.

.....

Thank you for your time.

## Teenage Bullying Questionnaire

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Tick the box

1. Have you ever been bullied?

Yes  No

2. If you have been bullied, was it, verbally, physically or mentally?

How did it make you feel?

All 3 ↑ I felt horrible  
and really down.

3. How did bullying affect your social life?

I didnt want to go  
out, I was too scared.

4. If you were bullied, would you tell anyone about it?

Yes  No

5. Who would you tell?

family, teachers.

6. Do you think bullying is a big issue in today's society?

Yes  No

Why?

because its happening  
everyday of life.

7. Where do you think bullying mainly takes place?

Home, work, school, the street, nightclubs etc..

Please explain your answer....

everywhere. School mainly.

8. Why do you think people become a bully?

bad background. maybe  
they use to get bullied.

9. What can be done to reduce the amount of bullying in the UK?

Anti-bullying bands.  
Schools could get more  
serious about it.

10. Who should do this?

Anyone that wants  
to.

Thank you for your time.

## Teenage Bullying Questionnaire

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Tick the box

1. Have you ever been bullied?

Yes  No

2. If you have been bullied, was it, verbally, physically or mentally?

How did it make you feel?

..like....crap and....every...  
one.....hated me.....

3. How did bullying affect your social life?

..cause I didnt want  
to.....meet.....new.....people

4. If you were bullied, would you tell anyone about it?

Yes  No

5. Who would you tell?

Mum ~~for~~, teacher or someone  
that has been bullied

6. Do you think bullying is a big issue in today's society?

Yes  No

Why?

.....Because bullying is get.....

.....out of hand and people are  
doing silly things

7. Where do you think bullying mainly takes place?

Home, work, school, the street, nightclubs etc..

Please explain your answer.... everywhere but  
mainly school / work because their  
is different people with different views

8. Why do you think people become a bully?

.....maybe because they have been bullied  
or have problems at home.....

9. What can be done to reduce the amount of bullying in  
the UK?

.....take more action.....

.....

10. Who should do this?

.....everyone ~~should~~ should take  
part to stop it.....

Thank you for your time.

## Teenage Bullying Questionnaire

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Tick the box

1. Have you ever been bullied?

Yes  No

2. If you have been bullied, was it, verbally, physically or mentally?

.....Verbally.....  
.....  
.....

How did it make you feel?

.....Crap, Rubbish.....  
.....Small, Useless.....

3. Did bullying affect your social life?  
Please tick the box

Yes  No

How?  
low confidence, hard to  
socialise with new people.

4. If you were bullied, would you tell anyone about it?

Yes  No

5. Who would you tell?

Friend.

6. Do you think bullying is a big issue in today's society?

Yes  No

Why?

People feel ~~not~~ unsafe.....

More help is offered.....

7. Where do you think bullying mainly takes place?

Home, work, school, the street, nightclubs etc..

Please explain your answer....

School, Cyber bullying.....

.....

8. Why do you think people become a bully?

Peer pressure, their own.....

insecurities.....

9. What can be done to reduce the amount of bullying in the UK?

More Awareness & Support.....

# Anti-bully laws & legislation

10. Who should do this?

Government councils.....

local authorities.....

Thank you for your time. ok.

## Teenage Bullying Questionnaire

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Tick the box

1. Have you ever been bullied?

Yes  No

2. If you have been bullied, was it, verbally, physically or mentally?

...all of them.....

.....

.....

How did it make you feel?

...Scared & intimidated.....

.....

3. Did bullying affect your social life?

Please tick the box

Yes  No

How?

..... I didn't like.....

..... going out because I

was scared

4. If you were bullied, would you tell anyone about it?

Yes  No

5. Who would you tell? my mum

6. Do you think bullying is a big issue in today's society?

Yes  No

Why?

.....because.....lots.....of.....people

.....are.....bullied.....&.....dont.....tell.....anyone so it carries on.

7. Where do you think bullying mainly takes place?

Home, work, school, the street, nightclubs etc..

Please explain your answer....

.....SCHOOL.....t.....WORK.....

.....

8. Why do you think people become a bully?

.....because.....they've.....been.....bullied

.....in.....the.....past.....&.....it.....makes.....them feel good.

9. What can be done to reduce the amount of bullying in the UK?

.....get.....people.....to.....tell.....someone.....

.....  
10. Who should do this?

..... schools ..... & the .....  
..... government .....

Thank you for your time.

## Teenage Bullying Questionnaire

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Tick the box

1. Have you ever been bullied?

Yes  No

2. If you have been bullied, was it, verbally, physically or mentally? *All*

How did it make you feel?

*Scared, lonely, disliked.....*

.....

3. How did bullying affect your social life?

*...didn't have many people to...*

*...go out with as a result of.....  
bullying.*

4. If you were bullied, would you tell anyone about it?

Yes  No

5. Who would you tell?  
fav teacher, best friend, family or sister

6. Do you think bullying is a big issue in today's society?

Yes  No

Why?

As lots of people say they are going to

do something to prevent it and nothing happens

7. Where do you think bullying mainly takes place?

Home, work, school, the street, nightclubs etc..

Please explain your answer....

School as you can be bullied due to background, appearance, disability etc

8. Why do you think people become a bully?

As they have a bad home life or they..

are jealous of something of the victim

9. What can be done to reduce the amount of bullying in the UK?

Children should be taught more about

the affects of bullying and why it shouldn't happen.

10. Who should do this?

School - headteachers to.....

get the message across!.....

Thank you for your time.

## Teenage Bullying Questionnaire

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Tick the box

1. Have you ever been bullied?

Yes  No

2. If you have been bullied, was it, verbally, physically or mentally?

..... Verbally.....  
.....  
.....

How did it make you feel?

..... Small ~~and~~ and Scared.....  
.....

3. Did bullying affect your social life?

Please tick the box

Yes  No

How?  
..... didn't go out with  
my friend's as I was Scared

4. If you were bullied, would you tell anyone about it?

Yes  No

5. Who would you tell?

Parents

6. Do you think bullying is a big issue in today's society?

Yes  No

Why?

.....because people are bullied

everyday.....

7. Where do you think bullying mainly takes place?

Home, work, school, the street, nightclubs etc..

Please explain your answer...

.....anywhere.....but.....mainly.....school

and.....work.....

8. Why do you think people become a bully?

.....To show off to other people.....

.....make them feel big.....

9. What can be done to reduce the amount of bullying in the UK?

.....Tell someone about it.....

.....

10. Who should do this?

everyone.....

.....

Thank you for your time.

## **Bibliography**

*Parentpedia – [www.family.go.com](http://www.family.go.com)*

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