

Documenting Bullying

A bullying log is a written account of bullying incidents. In it, you write:

- **The date and time**
- **What happened**
- **Who bullied you**
- **What you did**
- **Any injuries or damage**
- **The location**
- **Bystanders names**
- **Any actions taken**

The bully will deny bullying you. The log is evidence. It doesn't rely on memory.

Other ways to document bullying:

- **Photographing injuries**
- **Saving damaged items**
- **Saving the doctors report if medical attention was needed**
- **Writing the date, time, and whom you/your parents spoke with and what was said about the bullying**
- **Keeping copies of letters you/your parents wrote about the bullying**
- **Recording actions you/your parents took because of the bullying**