Kindness Surveys from Kidscape and BounceTogether

Kidscape and Bounce Together have designed these free short surveys based on the theme of kindness, to help you measure experiences of kindness within the school community.

We highly recommend using these surveys in the Autumn term so you can use the results to help plan your activity for Anti-Bullying Week this November, and in the coming weeks and months.

Survey for Pupils/Learners

Hello! This is a survey about your views towards kindness and how you get on with other people.

It's not a test and there are no right or wrong answers so all we ask is that you are honest with the answers you give. If you don't understand something, you can ask your teacher or your parent/carer for help.

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1) What does "Kindness" mean to you?

[   ]

2) You may have lots of words, ideas, and feelings that come to mind when you think of kindness. According to the dictionary, kindness is **"the quality of being friendly, generous, and considerate"**.

We're now going to ask you some questions about how kind you think pupils in your school are to one another.

Statements	Strongly disagree	Disagree	Neither agree/disagree	Agree	Strongly Agree
Pupils in my school are kind to me					
I am kind to other pupils in my school					
Pupils in my school help one another (for example if someone is sad, scared, or lonely)					
Pupils in my school are kind to people who seem 'different' to them					
Pupils in my school are kind to one another online (e.g., social media, messaging, or gaming platforms)					
Pupils in my school are kind to one another on the journey to and from school					

3) Here are some statements about how teachers support you to be kind. Please tell us how much you agree/disagree:

Statements	Strongly disagree	Disagree	Neither agree/disagree	Agree	Strongly Agree
The teachers in my school are kind					
The pupils in my school are praised and/or thanked when they are kind to others					
I can talk to a teacher if I am sad, scared, or worried					
I can talk to a teacher if another pupil is sad, scared or worried					

4) What do you think would help you to be kinder to others by online and face-to-face? (tick all that apply)

Assemblies ☐

Class work ☐

Small group work ☐

Films (e.g. watching or making films) ☐

Stories/books ☐

Art and textiles ☐

Drama / Dance / Music workshops ☐

Designing posters ☐

Designing school rules/ charters ☐

Games ☐

Something else:

_____

That's it!

🙂 **Thank you for completing this survey and for your honesty!** 🙂

Advice on how to use the answers from these questions (provided by Kidscape)

What does kindness mean to you: Q1

This will help you understand how children of different ages in your school understand kindness. You could use these words to design a school display, or to make a WordCloud that you share in an assembly or in your school newsletter. This can also be a good starting point for considering different ways to experience and show kindness to others.

My experiences of kindness: Q2

This will help you to explore how children in your school experience kindness, during the school day, on the journey to and from school, and online. This information will help you identify any potential areas of concern, and you can use this information to help focus and inform your anti-bullying activities.

Teacher Support: Q3

This will help you to understand how supported children in your school feel. You can use this information to inform any briefings with staff in preparation for Anti-Bullying Week, and to look at areas for further staff training. This will also give you an indication of the types of activities children would most welcome to explore kindness with one another.

Further Resources

The Kidscape website includes resources that you can use to support your anti-bullying week activities, and details of programmes and training your school may find helpful. Kidscape delivers training to thousands of teachers, pupils and parents and carers each year, including bullying awareness training, peer mentoring and digital safety.

 www.kidscape.org.uk

The Anti-Bullying Alliance coordinate Anti-Bullying week each year and provide resources for all key stages.

www.anti-bullyingalliance.org.uk

Survey for Parents/Carers

Hello, could you please take a few minutes to answer the following questions so we can understand experiences of kindness within our school community? If you have more than one child at our school, please answer on behalf of one child.

Your answers will be anonymous and will help us improve so please be as honest as possible.

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1) In a few words, tell us what "kindness" means to you?

2) Here are some statements about our school. Please indicate how much do you agree/disagree with the following:

Statements	Strongly disagree	Disagree	Neither agree/disagree	Agree	Strongly Agree
The school is a kind and welcoming place					
Other parents/carers are kind to one another					
School staff encourage and support children to be kind to one another					
Children in the school are kind to one another online (e.g., social media, messaging, or gaming).					

3) How much do you agree/disagree with the following about your child:

Statements	Strongly disagree	Disagree	Neither agree/disagree	Agree	Strongly Agree
My child feels safe in school					
Other children are kind to my child					
Teachers are kind to my child					
I can talk to someone at school if I am worried about my child					
I encourage my child to be kind to other people, regardless of who they are or where they come from.					

4) What would help you as a parent/carer to support your child with kindness, positive relationships, bullying and online safety?

Top Tips ☐

'Conversation starters' to use at home ☐

Videos ☐

Film or book recommendations ☐

Training in school ☐

Training online ☐

Small group work ☐

Opportunities to talk with other parents/carers ☐

Online support groups ☐

Signposting to organisations that can help ☐

Something else:

_____

5) Are there any other comments you would like to share with us?

That's it!

🙂 **Thank you for completing this survey and for your honesty!** 🙂

Survey for Staff

Hello! This is a survey about your views towards kindness and how you get on with other people. It's not a test and there are no right or wrong answers so all we ask is that you are honest with the answers you give. If you don't understand something, you can ask your teacher or your parent/carer for help.

1) How much do you agree or disagree with the following statements:

Statements	Strongly disagree	Disagree	Neither agree/disagree	Agree	Strongly Agree
This school is kind and welcoming					
Pupils/learners are kind to one another					
Pupils/learners are kind to staff					
Staff are kind to pupils/learners					
Staff are kind to one another					
Parents and carers are kind to staff					

2) How much do you agree or disagree with the following statement: "There is a clear sense of shared purpose and action when it comes to encouraging kindness amongst pupils/learners."

Strongly agree ☐   Agree ☐   Neither agree nor disagree ☐   Disagree ☐   Strongly Disagree ☐

3) How much do you agree or disagree with the following statement: "Staff praise pupils/learners who show kindness"

Strongly agree ☐   Agree ☐   Neither agree nor disagree ☐   Disagree ☐   Strongly Disagree ☐

4) How much do you agree or disagree with the following statement: "The school takes action to encourage and support pupils/learners to be kind to one another online (e.g., through social media, messaging, and gaming)?"

Strongly agree ☐   Agree ☐   Neither agree nor disagree ☐   Disagree ☐   Strongly Disagree ☐

5) What would help you support pupils/learners with kindness, positive relationships, bullying and online safety?

Top Tips ☐

Presentations ☐

Lesson plans ☐

Group work activities ☐

Individual activities ☐

Videos ☐

Signposting to organisations who can help ☐

Training (in school) ☐

Film or book recommendations ☐

Training (online) ☐

Opportunities to talk and share ideas with other school staff ☐

Something else:

That's it!

🙂 **Thank you for completing this survey and for your honesty!** 🙂