

MALTREATMENT, ABUSE AND BULLYING CHECKLIST

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Name of child or adolescent

Age

Each item should be checked off using the following rating scale

- 0 Not at all, never occurs, does not apply
- 1 Mild, sometimes observed, applies to some extent
- 2 Moderate, often observed, certainly applies
- 3 Severe, frequently observed, strongly applies

Withdrawn behaviour

Seems remote and 'switched off'	0	1	2	3
Seems sullen and uncommunicative	0	1	2	3
Spends excessive time on computer games and/or social media	0	1	2	3
Seems tired and unwilling to work or play	0	1	2	3
Does not want talk or write about himself or herself	0	1	2	3
Refuses/anxious to go to school; does not want to leave parent	0	1	2	3
Is secretive at home or at school	0	1	2	3
Often wants to go to the medical room or be taken home	0	1	2	3

Social difficulties

Overly possessive of one or two friends	0	1	2	3
Rejects friendship when it is offered	0	1	2	3
Seems isolated from peer group	0	1	2	3
Tries to buy friends	0	1	2	3
Erratic; is friendly one day, unfriendly the next	0	1	2	3
Bad tempered and easily annoyed	0	1	2	3
Verbally and physically aggressive	0	1	2	3

Explicit sexual behaviour

Engages in sexually explicit play	0	1	2	3
Makes sexually explicit comments or jokes	0	1	2	3
Draws attention to own body or private parts	0	1	2	3
Masturbates in sight of others	0	1	2	3
Overly interested in bodily functions such as urination	0	1	2	3
Tells untrue stories about sexual encounters with unlikely people	0	1	2	3
Makes sexually suggestive approaches to adults	0	1	2	3

Negative change in behaviour, attitude or school work

Schoolwork has deteriorated	0	1	2	3
Displays a more negative attitude toward learning	0	1	2	3
Is less easy going than previously	0	1	2	3
Takes less pride in self and achievements	0	1	2	3
Less well behaved than previously	0	1	2	3
Change in eating patterns (eats too much or too little)	0	1	2	3
Regression to thumb sucking, soiling, bed wetting, soft toy	0	1	2	3



Moody, emotional behaviour

Cries very readily, seems irritable and easily upset.....	0	1	2	3
Unnecessarily apologetic and ingratiating	0	1	2	3
Avoids eye contact, defensive body language	0	1	2	3
Very clingy to adult or special friend	0	1	2	3
Wants a lot of reassurance.....	0	1	2	3
Obsessional about cleanliness or neatness.....	0	1	2	3
Appears angry and defiant.....	0	1	2	3
Engages in very risky behaviour.....	0	1	2	3

Other disorders are apparent

Signs of low self-esteem (see Low self-esteem checklist)	0	1	2	3
Signs of Depression (see Depression checklist)	0	1	2	3
Signs of Conduct Disorder (see Conduct Disorder checklist).....	0	1	2	3

Signs of distress in artwork or writing

Depicts angry, violent or tragic themes in artwork.....	0	1	2	3
Produces very restrained, cautious, timid artwork.....	0	1	2	3
Writes stories on angry, violent or tragic themes	0	1	2	3
Sexually explicit drawings or stories	0	1	2	3

Self-harm

Has self-inflicted injuries such as cuts, burns	0	1	2	3
Talks about or attempts suicide.....	0	1	2	3

Signs of physical harm by others

Unexplained bruises, burns, or other signs of injury.....	0	1	2	3
Unwilling to undress for swimming, physical education and so on.....	0	1	2	3
Frequently absent from school.....	0	1	2	3
Frequent complaints of not feeling well, visits sick room often	0	1	2	3

Positive characteristics and strengths (describe at least 3)

Important notes

This checklist can be used to help recognize if a student is being maltreated, abused or bullied. However, several conditions have similar characteristics and there may a range of explanations for the observations made. Specialist assessment is necessary for a formal diagnosis.

- Supporting notes on maltreatment, abuse and bullying (pages 148–53)
- Guides for discussions with colleagues, parents and students (pages 184–8)

