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What's Your RA (Relational Aggression) Quotient?

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Girl Wars: 12 Strategies That Will End Female Bullying, Appendix C
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Think about your behavior in the last week. Check off each time you have done the following.

1. ____ Called another kids names that make fun of them?
2. ____ Said something about someone else that you knew wasn't nice?
3. ____ Walked away when your friends started talking about someone else you knew?
4. ____ Laughed when someone else made fun of another girl?
5. ____ Written a note or graffiti about someone else that wasn't nice?
6. ____ Felt put down by someone but not spoken up about it?
7. ____ Asked your friends to stop talking about another friend who wasn't there?
8. ____ Let someone else talk you into doing something you didn't really want to do?
9. ____ Refused to talk to someone so it would upset her?
10. ____ Invited a new girl to sit with your crowd at lunch?
11. ____ Repeated a rumor you heard about your friend?
12. ____ Started a rumor about a girl who was mean to someone else?
13. ____ Made fun of another girl's clothes, hair, or appearance?
14. ____ Stood up for another girl your friends were making fun of?

15. ____ Sent an email to someone that said something negative you wouldn't say in person?
16. ____ Be the target of a rumor?
17. ____ Threatened someone because she made you mad?
18. ____ Gone to sit with someone who was by herself and sad?
19. ____ Listened to gossip about another girl?
20. ____ Received messages in a chat room that hurt your feelings?
21. ____ Tried to sit with a group of girls at lunch and had been told you couldn't?
22. ____ Excluded someone to make her feel bad?
23. ____ Cried or felt sad because of something mean another girl did to you?
24. ____ Helped another girl with her homework, even though your friends say she is stupid and will never be able to understand the assignment?
25. ____ Made a new friend?
26. ____ Been a part of a crowd of girls who watched as your leader made fun of another girl?
27. ____ Deliberately done something you knew would hurt someone?
28. ____ Took something that belonged to someone else just to bother her?
29. ____ Wanted to speak up and defend another girl, but didn't because you were afraid?
30. ____ Had to sit by yourself in a class because your friends decided to move away from you?
31. ____ Complimented a girl you don't know very well on her outfit?
32. ____ Tried to convince others to be mean to someone or to ignore her?
33. ____ Done something to embarrass a girl you don't like?

34. ____ Threatened not to be friends with someone if she didn't do what you wanted her to do?
35. ____ Stayed and watch one girl be mean to another?
36. ____ Dared someone to do something she didn't want to do?
37. ____ Insulted someone verbally because she looked at you the wrong way?
38. ____ Wrote something unkind about a girl you didn't like in a public place, without signing your name?
39. ____ Called a girl you don't like an unkind name when she could hear you?
40. ____ Listened in when a friend called another girl and tried to get her to talk to you?
41. ____ Made up something to get a former friend in trouble?
42. ____ Given a friend a compliment?
43. ____ Teased a girl you know but not very well?
44. ____ Deliberately ignored a girl you don't like when she said hi to you?
45. ____ Stayed friends with someone because you were afraid of what she would do if you weren't?
46. ____ Been teased by someone else about the way you look?
47. ____ Excluded someone from your group because your friends told you to?
48. ____ Looked or gestured at someone in a way meant to hurt or insult her?
49. ____ Been in a chat room but not participated when a girl you knew got flamed by your friends?
50. ____ Forgiven a friend who hurt your feelings?