

“Improvement through Taking Responsibility” (ITR) Approach

Inducing Reflections

Different questions may be used during the interviews of the ITR approach to guide students in recalling, reviewing, analysing the situation and identifying positive solutions. Some examples of questions are listed below:

Use of Questions

Types of Questions	Objectives	Sample Questions for the Victims	Sample Questions for the Bullies
Coping Questions	Guide the students in recalling and analysing experience of success in tackling bullying incidents, and encourage them to continue using these effective methods.	“They have hurt you before by spreading rumours about you. How did you handle it at that time?”	“You have succeeded in holding your temper. How did you do that then?”
* Exception Seeking Questions	Guide the students in recalling and analysing occasions when bullying did not happen, and encourage them to create more such occasions.	“They did not pick on you on that occasion. How was it different from usual?”	“You always quarrelled with him. Is there anything different in the circumstances where you find yourself at peace with him?”
* Probing Questions	Use questions like “And?” or “Any other ways?” to guide the students in recalling more successful cases, exceptional scenarios or problem-solving methods.	“You did quite well that time when you successfully avoided being teased. Is there any other ways you can get the same result?”	“Ah! You didn’t flare up last time because you thought of the consequence of starting a fight. Was there any other reason that made you do so?”
* Scaling Questions	Advise the students to use numbers to	“If ‘1’ represents you cannot do it at all and	“If ‘1’ represents ‘very angry’ and ‘10’

	quantify and measure the impact of abstract feeling or behaviour on themselves and others so as to get a clearer picture of the situation, and guide them in making gradual improvements.	'10' represents you can definitely do it, how would you rate your ability to avoid being laughed at? If your score is '5', what improvements will you make to increase it to '6'?"	represents 'very calm', how would you rate your feeling at that time? What would you otherwise do to increase your score from '7' to '8'?"
Supportive Questions	Help the students find more supporters so as to enlarge their interpersonal network.	"Who in your class does not isolate you?"	"Who in your class gets along with you better and can remind you not to use force?"
Miracle Questions	Let the students have a flashback and tell what they could do to prevent the bullying incident if they had a second chance.	"If you had another chance, would you do the same thing? Think if there is any other way to avoid being framed."	"If the same incident happened again, would you handle it differently and how?"

For questions marked with "*", reference is drawn from "Useful Questions" suggested by HO Wui-shing (1999).