

Appendix Q. List of Concepts and Supporting Excerpts for School Atmosphere

Concept	Excerpts
Negative Interactions with Others	<p>Boy 2 (Focus Group 1): <i>“Everybody just swears at each other.”</i></p> <p>Girl 1 (Focus Group 2): <i>“They say something and it’s not actually like what happened, but people keep spreading it and so it turns into something like someone did this and it’s like, “no that didn’t happen at all.”</i></p> <p>Girl 4 (Focus Group 2): <i>“Uhm maybe, just for a random example like your friend got a higher grade on the test in whatever class then you so then you’re like, “Well you had more time to study so....” You know. They just kind of like belittle your achievement in doing well just to make themselves feel better because maybe they didn’t put in the effort.”</i></p> <p>Girl 7 (Focus Group 2): <i>“Blaming other people for things that they didn’t do.”</i></p>
Positive Interactions with Others	<p>Girl 7 (Focus Group 2): <i>“Compliments are one of the best things that benefit everybody. It makes you feel good. It makes the other person feel good.”</i></p> <p>Girl 5 (Focus Group 2): <i>“Yeah and I feel like it’s definitely like when the behavior is like more educational, like I said for example, someone who was in the same class as me that did really good on a test. I was like, ‘Wow, you really did good on that test.’”</i></p>

Girl 4 (Focus Group 2): “...it makes you feel a little bit less lost if you’re that kid like picking up all of your stuff in the hallway and you’re like, ‘I’m gunna be late to my class now.’ Somebody just picks up one paper. Like it didn’t really help you that much, but you’re like, ‘Thanks! You’re a lifesaver.’”

Boy 2 (Focus Group 1): “I feel like I just see people smiling here all the time. Like, people are pretty happy here.

Girl 4 (Focus Group 2): “Like a lot of students will peer tutor and like they kind of like go out of their way on like every Thursday and kind of help people and I know that that’s not exactly the best way to spend your early dismal Thursday because its more school work, but it definitely benefits the people who are being tutored and therefore, they do better.”

Girl 4 (Focus Group 1): “I mean even if somebody’s not your friend I’m sure they will stick up for you.”

Receiving Harmful Actions

Girl 3 (Focus Group 2): “A lot of the times, I feel that people make comments without much thought or emotion to it and they don’t realize how harmful it is.”

Girl 6 (Focus Group 2): “I think off the cuff remarks have a bigger impact than people think. Like cause that’s the kind of stuff like that can sit with you like all day or all week or for like a really long time.”

Boy 3 (Focus Group 1): *“We talk crap to each other knowing that we’re not actually mad at each other.”*

Boy 2 (Focus Group 1): *“I just feel like you shouldn’t take anything to heart. Like, everyone’s always gonna – I mean you’re not gonna go through life without someone not liking you, so.”*

Boy 1 (Focus Group 1): *“There’s only a certain level of tolerance you can have when it comes to this before it starts to hurt, so like he was saying just shrug it off, but there is a point where you should just stand up and confront it.”*

Receiving Beneficial Actions

Girl 4 (Focus Group 2): *“Like you could be having the worst day ever and someone is like, ‘Hey, your hair looks really nice’ and you’re like, ‘Thank you, so much!’”*

Girl 6 (Focus Group 2): *“Yeah, I feel like that’s one thing that I’ve noticed like at (school name), I guess, is that like people go out of their way to compliment you and stuff. And like, yeah. And then that in turn you’re like, ‘Oh, someone said that to me!’”*

Girl 1 (Focus Group 1): *“When someone goes out of their way to talk to you and to give you a compliment when you don’t typically talk to them, then that makes you feel better.”*

Girl 4 (Focus Group 2): *“I definitely agree with that. Like you could be having the worst day ever and someone is like, “Hey, your hair looks really nice” and you’re like, “Thank you, so much!”*

(Laughter)

Boy 1 (Focus Group 2): *“They (girls) just do it in different ways. So like the comments, pictures, like everything is the same, but they have their own little set of rules with inside each other.”*

Girl 1 (Focus Group 2): *“So like when a couple has a picture, like girls will be like, ‘Oh my god, you’re so cute. I ship it.’ And then like another guy is gonna be like, ‘Bro good job,’ and then like (laughter)... They’ll say something like that instead of like, you know what I mean? They have like a different way of saying a compliment that doesn’t make them seem like they are girly.”*

Girl 4 (Focus Group 2): *“I think that with guys, they don’t actually talk about anything or gossip as much. Not that they don’t, but as much as girls typically do and I think that girls have a lot more envy so like with the telephone idea when they carry on the ideas or the stories, they tweak it a little bit just to down play something or up play something, whether it be a bad or good quality.”*

Girl 1 (Focus Group 2): *“I think girls care more about what is said then guys do because guys just kind of push it over their shoulder, but girls take it more to like heart.”*

Girl 3 (Focus Group 2): *“Guys don’t really – brush things off and don’t care because just in my opinion, don’t care for stuff like this because it’s really petty and it just doesn’t matter half the time. Whereas girls just belittle each other to make themselves feel better, which I feel can get you absolutely nowhere and can do the other person more harm then it will end up doing to you at any point in time.”*

Boy 2 (Focus group 1): *“Like all the teachers know, like, all the people with specific last names. There’s like, specific families that do a lot for the school...”*

Girl 8 (Focus group 1): *“But it’s not just within the school, it’s with everything. It’s like with the cops in (Town name). You will not get in trouble if your last name is this, no matter what you do. If I do the same thing as someone else with that last name, I could get kicked off the volleyball team. There’s so many things that could happen to me. I could lose scholarships. It just gets... nothing gets said if someone has a last name.”*

Boy 2 (Focus group 1): *“Everybody has their own little group like it’s not like anybody’s really left out from anything, there’s just different groups of people. It’s not like – if you went to a bigger school maybe there would be like kids eating lunch by themselves. That doesn’t really happen here...But I feel like the people that play sports aren’t as jockish as other schools like the football players aren’t mean to people.”*

So even if it’s just the one clique, it can over time... it branches out.”

Boy 2 (Focus Group 1): *“It’s a really, really small, old-school town... There are just families that have been going to (school name) literally forever.”*

Appendix R. List of Concepts and Supporting Excerpts for Power in the Schools

Concept	Excerpts
<p>Negative things people with power do</p>	<p>Boy 1 (Focus Group 1): <i>“I feel like people of power just use their power to do negative and get away with it, not have to suffer the consequences of it.”</i></p> <p>Girl 1 (Focus Group 1): <i>“...the person of power, like, there are other people of power that are on the same sports team but they won’t say anything to her. They just leave her alone. They let her bully the rest of us and let her say whatever she wants because they don’t want to have to deal with the consequences of saying anything, or standing up for anyone I guess.”</i></p> <p>Girl 8 (Focus Group 1): <i>“I feel like that happens because that’s what happened to them when they were freshmen so then once they get to seniors they’re like “I’m gonna do it twice as bad” so then everyone follows that pattern and then eventually it gets really bad.”</i></p> <p>Girl 4 (Focus Group 1): <i>“I know on our soccer team seniors are like ‘Freshman do this, freshman do that.’ They’re just rude. It’s like grade levels – you look down on everyone. Like, when you’re a senior you’re a big bad senior. Let’s just make everyone else feel like crap.”</i></p>
<p>Positive things people do with power</p>	<p>Boy 4 (Focus Group 1): <i>“We were just saying hi to the younger kids who are new to the building ... just puts a smile on their face so they know that someone cares and someone’s looking out.”</i></p> <p>Girl 1 (Focus Group 1): <i>“I feel like the first week of school especially with (students from another</i></p>

school) coming to (our school) this year, and just every year with the seventh graders moving up when the upper classmen stop to like help them, open up their lockers, or get to a class. Or there was this young child I saw frequently in the hallway throughout this year who was very small and being in a high school with all of the upperclassmen walking through the hallways and he was on crutches too, and he was trying to like carry all of his books for the entire day so there was one person that I always saw consecutively that like stopping, taking their time, showing up late to class just to help him and it just made his day.”

Girl 7 (Focus Group 1): *“For students that need help with their classes and the way that it benefits the younger kids is that the older classmen will help the younger kids with their subjects.”*

Boy 3 (Focus Group 1): *“If I wanted to, I could name, using both hands people that I could go up to in the school and ask for 50 bucks and I’d get it on the spot. Like I could ask people to borrow money. If you’re friends with someone, you’re really friends with them.”*

Experimenter 1 (Focus Group 2): *“Like if someone is picking on someone. Say that there is this kid, like the Pokémon example, like he likes that or plays his DS or whatever and like someone says something to him and someone else says, “Hey why are you making fun of him? There is no reason for that. Just stop.” Like so when you have power you have confidence in standing up for someone else, I guess.”*

Gaining power

Girl 6 (Focus Group 2): *“The meaner people are sometimes they do that to make themselves feel powerful. You know so they’re not necessarily powerful, but it’s just like that everyone else is kind of scared of them.”*

Girl 1 (Focus Group 1): *“I feel like some sports teams are kind of over other sports teams. I feel like football is sort of like the main sports team, it’s the focus of everything and then you have like your volleyball teams and then your soccer teams and golf teams.”*

Girl 7 (Focus Group 1): *“I think (power is) like put on a popularity scale or people that play sports compared to people who don’t.”*

Girl 7 (Focus Group 1): *“Or if you get really good grades in school. Like the top of the class people.”*

Girl 3 (Focus Group 2): *“Popularity has a really, really big impact on this because you’re going to talk or gossip to the most popular, cheerleader, prettiest girl in school over the outcast that doesn’t do much because of the fact of the social account of who actually talks more or has more friends in the circle and who they, uhm, who they can talk to faster and easier without having an issue starting.”*

Boy 1 (Focus Group 2): *“And like she said groups, al that like if you’re on a sports team like and you have most of those people to back you up with your opinion, I think that’s where most of the*

power comes from. Or if you're in band or you're in a club, whatever your view on something is and how many people you have to back you up, I think that's where most of the power comes from instead of like stereotypes like a senior quarterback on the football team being like all popular and everything or like the cheerleader, like she said."

Behaviors of powerful people

Girl 6 (Focus Group 2): *"I think with power...you not only stand up for other people because you are more confident, but like you also stand up for yourself a little more."*

Girl 1 (Focus Group 2): *"I kind of feel like if the people that have more power and they stand up for themselves, I kind of feel like they're more people to be like I'm not going to mess with that person because I know that they will stand up for themselves or they have people that stand up for them because they are a nice person so like you kind of have the power of other people too like coming together with you because they know that you're a nice person and like if something is said that isn't true, it goes back to like people are going to stand up for you because you stood up for them."*

Girl 2 (Focus Group 1): *"She'll do anything to get where she wants to go. It doesn't matter who she hurts or..."*

Personality traits of powerful
people

Experimenter 1 (Focus Group 2): *“Like so when you have power you have confidence in standing up for someone else, I guess.”*

Girl 6 (Focus Group 2): *“You are more confident, but like you stand up for yourself a little more.”*

Girl 7 (Focus Group 1): *“Someone who likes everyone and everyone looks at them as a friend.”*

Boy 1 (Focus Group 2): *“The friendlier people have more power than just moderate sometimes friendly people will more likely be two-faced to some other kids. I don’t see too many people who are like technically bullies to a certain kids have too much power just within themselves just because that one person is afraid of them.”*

Girl 6 (Focus Group 1): *“There’s a lot of people who are like, really, really nice, who are up there and they have the good power and stuff and yet they’re still super nice to people.”*

Girl 1 (Focus Group 1): *“I mean I feel like looks kind of affect it too.”*

Girl 9 (Focus Group 1): *“Extrovert, like they’re outspoken.”*

Girl 8 (Focus Group 2): *“I think that a lot of people use it to create some type of persona that makes them feel really good like sort of what she said and you use it against or in favor of people.”*

Girl 1 (Focus Group 1): *“Controlling. Likes to be the center of attention and isn’t nice about it either.”*

Girl 1 (Focus Group 2): *“Just not caring what people think about you because I think like more*

shy people don't really say their opinions because they are, they're shy and they're scared what people are going to say back to them, but people who really don't care just say whatever they want because they can."

Girl 1 (Focus Group 2): *"They pretend to like you and then like talk you to like, 'Oh hey, how are you doing' and then they will get you to talk to them."*

Girl 1 (Focus Group 2): *"And you'll like tell them what you're doing or what happened or something like that and then they'll go and tell other people and change the story to make you look bad."*

Effects of power (levels of power)

Girl 7 (Focus Group 2): *"I think power is like how well you are doing in school like between people who are like the honor students and like regular students. I feel like sometimes, of like, the people believe that like honors kids are trying to show off and stuff like that and sometimes the honors students think that they are better than the other students."*

Girl 4 (Focus Group 2): *"I think that seniority is definitely power between students. I don't mean to say that as 'Oh, I'm older, I'm better,' but it's like, I don't like, I can't say from a senior perspective now but like as a freshmen I was like, 'Oh my god, the seniors.' So like they are just like holy spirits sometimes. Like deities, you know I don't know really what I was trying to get at."*

Boy 1 (Focus Group 2): *"Like when you're in a sport, like a high school sport, and the elementary*

school kids or the kids who are just learning how to play and they are like really short and they are looking up to you like, 'Wow that is so cool and you're like starting on the varsity team and all this.' They're, they want to be as good as you. They want to be like you when they get older."

Interpreting power interactions

Girl 4 (Focus Group 2): *"I definitely think that it would definitely be more harming from a person with more power because you sort of look up to them and it's like you sort of aspire to be what they are and if they were to insult you or pick on you in any sense like who I wanna be just hurt my ego and my feelings and that would definitely hurt a lot more cause that's what you are looking towards in the future and then you are like, 'That was mean.'"*

Girl 3 (Focus Group 2): *"If someone that is obviously more popular and more social and everything goes up to you and says, 'Hey! Nice job at whatever you did the other day.' I feel like it hits closer to home for you instead of like an underclassmen or like a seventh grader being like 'Hey! Nice job at whatever you did.' It doesn't have as much as an impact as someone who took it into consideration and like noticed."*

Girl 1 (Focus Group 2): *"...like you're best friend saying, 'You look pretty today' and you're like 'thank you' because you're my best friend and I kind of like, not expect it but it's like not shocking that your best friend tells you that you look good, but like some senior that you've met 3 times is like, 'Wow! You look really nice today' is really going to impact me and I'm going to be like,*

'Thanks, I am going to wear this outfit more.' It just kind of like depends on like who's saying it.'

Boy 1 (Focus Group 1): *"But if it's someone who you think highly of that said something like that to you then it sticks. Like, it's not as easy to just shrug off."*

Boy 1 (Focus Group 2): *"If its someone with like the same power, you're a little more timid and like worried about it and then I think it mostly has to do with people that have more power than you whether it's somebody who might be more 'popular' in your grade or if it's somebody who's like a teacher, like somebody older than you with uh more power just because of that title like teacher or principal or something then that's where you feel more harm coming from them."*

Girl 1 (Focus Group 2): *"And then if someone is older, you're probably like, "Hey I should reevaluate myself and think about what I just did and like whatever. Like if Im like a little kid and someone, I'm only freshmen so like if they were a 7th or 6th graders came up to me from the elementary and was like "You look really bad today," I would be like "What do you know? You're in like 6th grade. I don't care."*

Girl 7 (Focus Group 2): *"I feel like if someone has less power than you, it's easier to just blow it off and be like, "they are just being stupid and stuff." Like if a 7th grader came up to someone and was like, " Your shirt is not the best shirt," I'd be like "whatever," but if a senior came up to me, I'd be like, "Oh maybe the senior doesn't like me. Maybe I should change my shirt."*

Girl 9 (Focus Group 1): “If you have less power, like a 7th- grader, calling somebody like a junior a name, they’ll probably just brush it off and laugh about it.”

Girl 6 (Focus Group 2): “I feel like it’s on a different level like the same level of power might feel more genuine but someone with more power that feels like “Oh I was noticed.” Like do you know what I mean? It is a totally different kind of feeling that it gives you.”

Girl 4 (Focus Group 2): “I definitely think like generally on like a general sense, people with the same power that feel more genuine, but like if you are on the same sports team with somebody it’s just like “you know just as much as me” so it’s not like a super awesome compliment but like say your coach who doesn’t really give out compliments or something is like, “Wow that was really good” you are like “Wow I-I did it! I got it.”

Girl 6 (Focus Group 2): “I think like for example, a compliment, feel more genuine over someone that had less or more because like they know you better.”

Girl 8 (Focus Group 1): “I think that if someone with more power said something harmful I would have a bigger fear that their opinion would branch out to everyone else. But if it was someone with less power I know it would just stick in their little head and then I’d have to just say away from that little group because they all know that about me and I’d be like paranoid.”

Appendix S. List of Concepts and Supporting Excerpts for Bullying

Concept	Excerpts
In-Person	<p>Boy 2 (Focus Group 1): <i>“Spread rumors. Not even spread rumor just like...”</i></p> <p>Boy 4 (Focus Group 1): <i>“Yeah, just like “hey, look at him” or “look at her.”</i></p> <p>Boy 1 (Focus Group 2): <i>“I’d probably say that verbal comments, if anything, whether they are just messing around with somebody or if they are being serious; just calling them names or spreading rumors. I think that’s the biggest one...saying things about other people and blaming other people for things that they didn’t do.”</i></p> <p>Girl 4 (Focus Group 2): <i>“I think that one of the things that is kind of bad here is that we just say things and don’t think about it. So, wrong information gets spread, therefore, rumors happen.”</i></p>
Online/Social Media	<p>Girl 1 (Focus Group 2): <i>“Blackmail pictures. Like they will take a picture of you and like while you’re just doing something and you look really stupid and then like they post it and like things that are on Ask FM. They can just ask you questions either anonymously or like with their name after it and people just hide behind their account because they’re not brave enough to say it to your face. Because most likely, they are just saying stuff to you to make themselves feel better.”</i></p> <p>Girl 7 (Focus Group 2): <i>“Social media kind of makes it easier to harm others because even if they’re not anonymous, it’s like you’re not face- to-face with the person so it kind of makes it</i></p>

easy and like, if you don't want to like, the aspect of like you don't want to deal with it, you can kind of just turn it off. Like what you can't do in school."

Girl 1 (Focus Group 2): *"People just hide behind their accounts."*

Girl 5 (Focus Group 2): *"Or it's kind of like, you know like, a best friend could have said something. Like to the account or whatever and DMed them and like you become paranoid because like, who said what?"*

Negativity in school

Girl 2 (Focus Group 1): *"There's this one girl who seems to have a lot of power and people seem to be really nice to her and put her on a pedestal because they're scared to not. And I think a lot if it is just people are scared to put themselves out there to stop somebody else from doing something."*

Girl 4 (Focus Group 2): *"Often even your friends kind of say something maybe sarcastic, but it might not feel sarcastic."*

Girl 1 (Focus Group 2): *"Like they are like Mean Girls in that movie, Regina George is like, "Oh my god, I love your skirt and then like she walks away and says, "That's a terrible looking skirt." I've seen people literally do that before. Like why would you do that? Like why would you compliment her if you don't like it? Cause that's just making you look, that's just making you think like, oh wow, that makes me feel good, but she really doesn't so that shouldn't make you*

feel good. Like, I don't know."

Girl 1 (Focus Group 1): *"She's just very big on like talking about people and saying things that she hears and spreading rumors. No, it's not usually physical at all. Unless it's in a game, then it's physical."*

Girl 1 (Focus Group 1): *"I feel like there are certain powerful people that even like if you bring something up they don't want to say anything. They don't want to get involved because that might deter their reputation. And if they get involved in conflicts then people aren't going to think as highly of them because they're going to think of them as getting into drama."*

Girl 1 (Focus Group 1): *"I feel like as we were talking about before -- the person of power, like, there are other people of power that are on the same sports team but they won't say anything to her. They just leave her alone. They let her bully the rest of us and let her say whatever she wants because they don't want to have to deal with the consequences of saying anything, or standing up for anyone, I guess."*
