

TRAINING

1. Read the bullying poster and complete the sentences (1–8) with the words from the box.

A mobile phone – excludes you from – children's clothing
your permission – is rude to you – playing with dolls
social media – or physically violent

Pay attention to these signs!

Talk to your teachers or parents when:

- ✓ Someone at school is rude to you all the time or constantly insults you.
- ✓ Someone is aggressive with you or physically vile or takes your things without 3 Excuse me
- ✓ Someone posts offensive things about you on social media or in chats.
- ✓ Someone says hurtful things to you because you behave differently from other people. For example, you are a girl but you like to wear children's clothes without permission. or are you a boy and you like it
- 6. play with dolls**
- ✓ Someone is disrespectful to you because you don't have a mobile phone or a computer.
- ✓ Someone deliberately excludes him from parties, gatherings, sports matches, etc.

NOBODY SHOULD BE DISRESPECTFUL. DON'T LET ANYONE TAKE YOU

DOWN. REMEMBER THAT NO MATTER WHAT, YOU ARE IMPORTANT!

**Bell
against bullying**

2. Complete the categories (1–3) with examples from the poster from exercise 1.

1. Verbal bullying

When someone says
offensive things to you ...

I do not pay attention
because I am valued

2. Physical Intimidation

I talk to my parents I expose
the situation

3. Bullying due to use of prejudice: why they are different.

I have learned to value and accept myself

3. Read the text about bullying and decide what kind of bullying they are talking about.

Guy: I am a new student at the school. My teachers are very nice to me, but some of my new classmates are horrible. One of them pushed me on the playground and hit me in the face. It really hurt and I cried.

Girl 1: There is a boy in my class who always is very rude to me. He insults me and insults me all the time. I try to ignore it, but it is very difficult.

Girl 2: I don't like wearing dresses so I'm a bit different from other girls in my class ... No one is verbally or physically aggressive with me ... they just completely ignore me. No they speak to me or look at me.

R " " verbal harassment

- A. Verbal harassment /
- B. physical harassment
- C. bias bullying

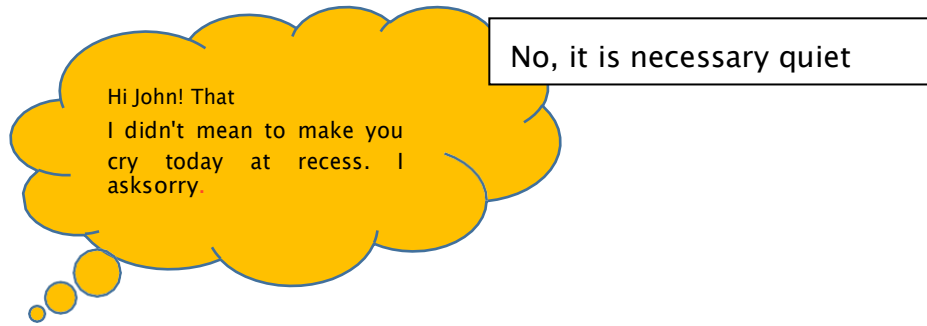
4. Read apologizing to students and use them in a fictitious situation.

Hi, Diana! Sorry to hide your notebook. Can you please forgive me?

Yes, no problem

Hello Victor! I didn't mean to make you fall in the yard recess. Very sorry

Ya, pass the pain



5. Read the article on bullying and choose the correct options (1–2).

According to the article ...

1. There is more / less bullying than before.
2. Cyberbullies use / do not use modern technology to intimidate people.

DAILY NEWS

WORLD-BUSINESS-FINANCE-STYLE FROM LIFE-TRAVEL-SPORTS-CLIMATE

Bullying is on the rise

Bullying is a growing problem in schools. In general, bullies are aggressive, physically and verbally abusive and offensive to their victims.

At school, they often call helpless students horrible, rude names, take their things without permission, and leave offensive messages on their desks. But one particular area of bullying that is seriously out of control is cyber bullying. Bullies use social media and messaging to offend a large number of students with the push of a button!

If you want to stop the bullying, it is very important to stay calm and not respond with violence. Also, be careful about the information you share on social media and don't do things you don't feel like comfortable or with which you disagree.

Read

the article in exercise 1 again. Answer the questions. 1. What are the characteristics of a bully?

2. What recommendations does the article give on how to deal with bullying?

Read the tips on how to respond to bullying and fill in the mind map with the recommendations

WHAT TO DO WHEN I BULLY YOU?

There is no magic spell to prevent someone from intimidating you. But if you are bullied, you should always remain calm and do not respond violently. It also helps if you can identify the type of bullying and act accordingly.

Social bullying: If you are a victim of social bullying, you should look for new friends and new activities.

Exercising, for example, helps you relax. Also remember, you have to tell aadult what is happening to you.

Cyber bullying:Give your parents the passwords for all your social media accounts. Do not postpersonal information and be careful who you add or accept as contacts.

Physical harassment:Stay away from the bully and talk to your parents and teachers. Neverrespond violently.

6. Write recommendations on what to do if you are a victim of bullying (1–6)



1. Social harassment

- It should ...
- I recommend ...

report

2. Cyberbullying

- The people should ...
- I recommend ...

Be careful with
the information

3. Physical bullying

- They should ...
- I recommend ...

To look for help

4. Verbal intimidation

Avoid toxic
people

5. Bullying for bias

Be sure of
yourself

6. Socioeconomic Intimidation