

## EXERCISES

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

A mobile phone - excludes you from - boys' clothes  
your permission - rude to you - playing with dolls  
social media - or physically violent

Pay Attention to These Signs!

Talk to your teachers or your parents when:

- ✓ Someone at school is 1 **rude to you** all the time or constantly insults you.
- ✓ Someone is aggressive towards you, 2 **or physically violent**, or takes your things without 3 **your permission**
- ✓ Someone posts offensive things about you on 4. **social media** or in chats.
- ✓ Someone says hurtful things to you because you behave differently to other people. For example, you're a girl but you like wearing 5 **boys' clothes** or you're a boy and you like 6. **playing with dolls**
- ✓ Someone is disrespectful to you because you don't have 7. **a mobile phone** or computer.
- ✓ Someone deliberately 8. **excludes you from** parties, meetings, sports matches, etc.

**NOBODY SHOULD BE DISRESPECTFUL. DON'T LET ANYBODY PUT YOU DOWN.**

**REMEMBER THAT NO MATTER WHAT, YOU ARE IMPORTANT!**

Campaign Against Bullying

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

1. Verbal Bullying  
When someone says  
offensive things to you ...

2. Physical  
Bullying

4. When someone  
humiliates you for not  
having things like him

5. When you are  
physically abused  
at home

3. Bullying because of prejudice: because you are different.

6. When you are discriminated against for your skin color

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

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

**Girl 1:** There's one boy in my class who is always really rude to me. He calls me names and insults me all the time. I try to ignore him, but it's very difficult.

**Girl 2:** I don't like wearing dresses, so I'm a bit different to other girls in my class ... Nobody is verbally or physically aggressive towards me ... they just completely ignore me. They don't speak to me or look at me.

C bullying because of prejudice

Hello, John! It wasn't my intention to make you cry today at break time. I apologize.

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

According to the article ...

1. There is more / less bullying in schools than before.

2. Cyberbullies use / don't use modern technology to bully people.

**DAILY NEWS**  
**WORLD-BUSINESS-FINANCE-LIFESTYLE-TRAVEL-SPORT-WEATHER**

**Bullying at Schools is on the Increase**

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

At school, they usually call defenseless students horrible, rude names, they 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 cyberbullying. Bullies use social media and messaging apps to offend masses of students with one push of a button!

If you want to stop bullying, it's 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 aren't comfortable with or don't agree with.

World – Business – Finance – Lifestyle – Travel – Sport – Weather

**Read the article in exercise 1 again. Answer the questions.**

1. What are the characteristics of a bully?  
which makes it difficult for them to put themselves in the shoes of their victims, and low self-esteem. At other times, they have a high concept and an exacerbated appreciation of what they do and are.
2. What recommendations does the article give about how to deal with bullying?  
Recognize the problem.  
Involve students.  
Turn passive students into active ones.  
Promote tolerance and inclusion.  
Pay attention to bullies.  
Stay calm and communicate the aggression.  
Understand the victim.

**Read the advice about how to respond to bullying and complete the mind map with the recommendations**

**WHAT TO DO WHEN YOU ARE BULLIED?**

Intervene immediately. It is okay to seek the help of another adult.

Separate the children involved.

Make sure everyone is safe.

Address any immediate medical or mental health needs.

Keep calm. ...

Lead by example and act respectfully when intervening.

There is no magic spell to stop someone bullying you. But if you are bullied, then you should always keep calm and 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.

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time. I apologize.

Doing exercise, for example, helps you to relax. Also remember, you have to tell an adult what is happening to you.

**Cyberbullying:** Give your parents your passwords for all your social media accounts. Don't post personal information, and be careful who you add or accept as contacts.

**Physical Bullying:** Stay away from the bully, and talk to your parents and teachers. Never respond with violence.

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

Observe the child. ...

Listen and talk with them. ...

Keep calm. ...

Tell him he's not guilty of anything. ...

Strengthen your self-esteem. ...

Communicate the situation to the school. ...

Give him the opportunity to expand his group of friends. ...

Maintain good communication based on trust.



#### **1. Social Bullying**

- You should ...
- I recommend ...

#### **2. Cyberbullying**

- People should ...
- I recommend ...

#### **3. Physical Bullying**

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

#### **4. Verbal Bullying**

#### **5. Bullying because of Prejudice**

#### **6. Socio- Economic Bullying**