

Unit » 3

No Bullying Allowed

Lesson 1 » Class President

Word Bank

aggressive
bossy
helpful
offensive
polite
respectful
rude
tolerant

1. Complete the crossword with the words from the Word Bank.



Across

- ready to fight or use force
- not showing good manners; opposite of 1 down
- making someone feel sad, insulted or annoyed
- assisting someone when they need it

Down

- showing good manners; the opposite of 6 across
- the ability to accept different opinions
- showing that you think someone deserves kind and polite treatment
- giving orders telling people what to do

2. Are these words positive or negative? Write sentences with *should* or *shouldn't*.

- | | | |
|----------------|----------|------------------------------|
| 1. offensive: | negative | You shouldn't be offensive. |
| 2. aggressive: | negative | You shouldn't be aggressive. |
| 3. helpful: | positive | You should be helpful. |
| 4. bossy: | negative | You shouldn't be bossy. |
| 5. polite: | positive | You should be polite. |
| 6. respectful: | positive | You should be respectful. |
| 7. rude: | negative | You shouldn't be rude. |
| 8. tolerant: | positive | You should be tolerant. |

3. Complete the text about school rules with *have to* or *don't have to*.

Here at Mount View High School students have to wear a uniform, but they don't have to wear a tie. If students are late or absent, they don't have to have a note from their parents explaining why, but they don't have to have a medical certificate.

Another important rule is that students have to be polite and respectful to teachers and other students. They also have to be tolerant of the different needs and opinions of other students. Students shouldn't accept bullying of any type, either verbal or physical.

Lesson 3 » Let's Unite Against Bullying!

1. Read the article about what to do if you are being bullied and answer the questions below.

Standing Up To Bullies

Being bullied can be a horrible time in a teenager's life. That's why it is important to learn how to stand up to bullies and stop them before things get out of control.

The first thing you should do is try to solve the problem yourself. If this doesn't work, then you

should talk to someone else like a parent, teacher, or a friend. You shouldn't have to face bullying alone.

It's important to know that bullies want you to react. They love making you sad, angry or scared. So the best way to stop them is by not giving them the reaction they want.

Different strategies to stop a bully include:

- Walking away when a bully approaches you.
- Ignoring them by thinking about something else.
- Giving a one-line response and then walking away.

Some one-line responses include:

- 'Whatever!'
- 'Do you feel better now?'
- 'Why are you talking to me?'



Remember, when you walk away calmly, you take the power away from the bully.

Finally, if you have tried to solve the problem yourself and the bully continues to annoy you, then you should definitely tell an adult.

Talking to a parent or a teacher will not only help you solve the problem, but it will also help you feel less afraid.

Be confident, be positive, be strong and things will get better!

1. What is the first thing you should do if you are being bullied?

Try to solve the problem yourself

2. What do bullies want to achieve?

They want to make you feel bad.

3. What is one way to stop a bully?

Walk away calmly.

4. What can you achieve by walking away calmly?

You can take away the bully's power.

5. If you can't solve problem on your own, what should you do?

Ask a teacher or parent for help.

2. Your friend is being bullied at school. Write some suggestions to help him/her stop the bullying.

1. *You should walk away when the bully approaches.*

2. *You should tell a teacher or parent.*

3. *You should be confident and strong.*

4. *You should be positive and happy.*

5. *You should be strong and confident.*

6. *You should be positive and happy.*

Lesson 2 » Don't Be a Bully!

1. Complete the students' statements about bullying at school. Use the expressions in the box to help you. Then complete the headings A- with the type of bullying: *physical bullying*, *bullying because of prejudice* or *verbal bullying*.

annoying me
exclude me from
laugh at me
offensive and hurtful
push me about
tolerant and respectful



Jackson

Type of Bullying:

Things at school are really bad. The other students ¹ exclude me from playing football at lunch times. I know it's because of my skin colour because they tell me that I look like the lady who cleans their houses. They're really offensive. I wish people would be more ² tolerant and respectful. They make me feel really bad.

Type of Bullying:

I don't know what to do. There is a group of boys who ³ push me about at lunch times. When I tell them to stop, they just ⁴ laugh at me and hit me harder. I tried talking to a teacher, but nothing happened. I don't want to go to school anymore.



Javier

Type of Bullying:

There are two girls who won't stop ⁵ laughing at me. At school they laugh at me and call me names. I know I should just ignore them, but it's getting worse because they are writing ⁶ offensive and hurtful messages on social media about me. I can't escape them. They bully me at school and now they're bullying me at home. Sometimes I just want to disappear.



Laura

3. Complete the apologies the bullies wrote to Jackson, Javier and Laura.

- Hi Jackson. I didn't mean to ¹ exclude you and ² be offensive to you. I was wrong to treat you like that. I'm really sorry!
- Hello Javier. I'm sorry for ³ laughing at you and ⁴ bullying you. Can you please forgive me?
- Hey Laura. It wasn't my intention to ⁵ push you and ⁶ exclude you about you. I didn't think about how it would make you feel. I apologize.