

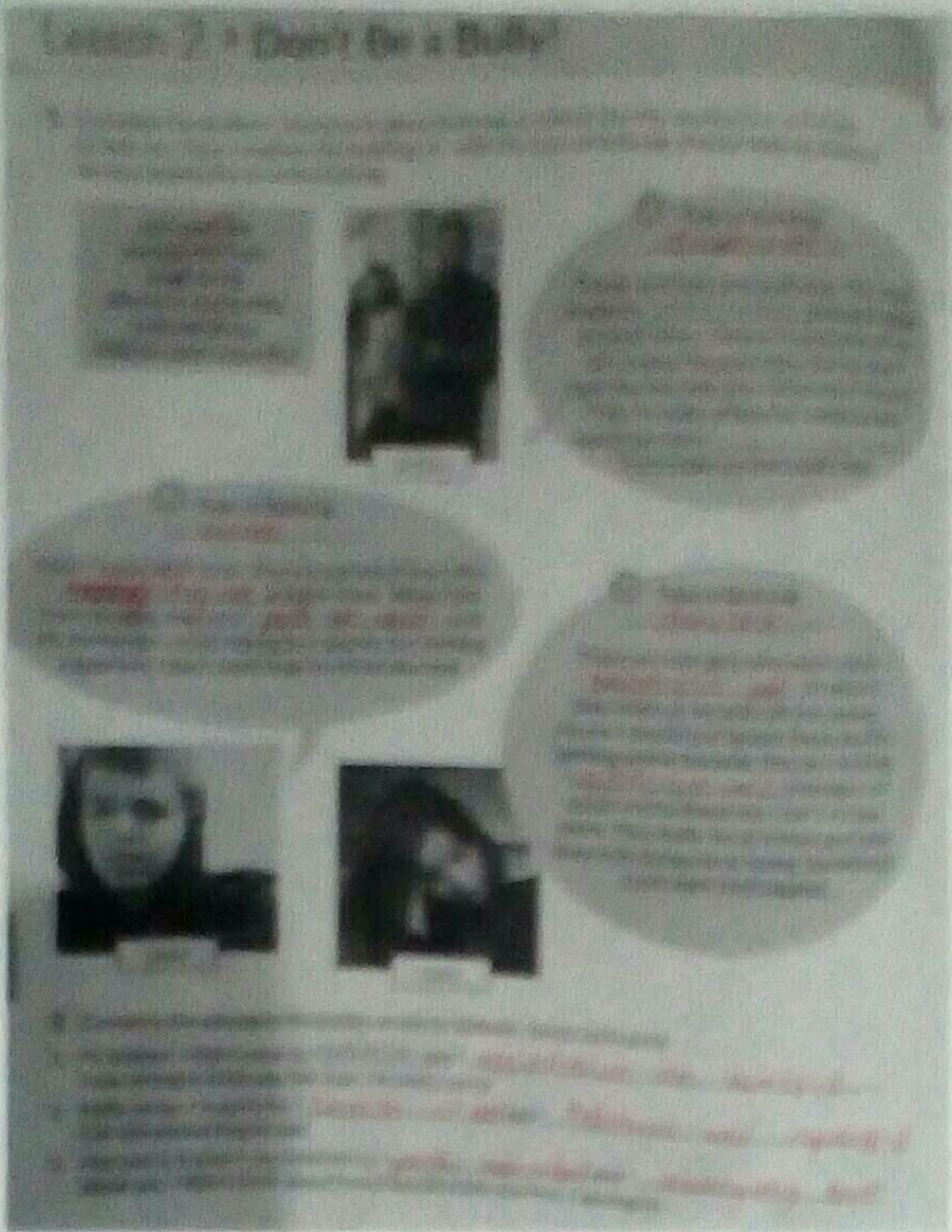
Unit » 3

2. *How many people are there in your family?*

2. *Journal of the American Medical Association*, 1997; 277: 1033-1038.

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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?

talk to a parent

3. What is one way to stop a bully?

walking away

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

1. *talk to a teacher*

ignore it

2. *contend a bully*

4. What can you achieve by walking away calmly?

do you feel better

5. If you can't solve problem out by yourself, what should you do?

what bullying

3. *stop a bully*

4. *ignoring then by thinking*