

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 live with bullying alone. It's important to know that bullies want you to react. They have made you feel angry or scared. In 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 like making you sad, angry or

you will not give the reaction they want.

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

1. Don't stand with them when the bully

3. Giving a one-line response and

2. Walking away by thinking

about something else

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
gossip me about
teaser and respectful



Jackson

A Type of Bullying Physical Bullying

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



Jane



Lucas

C Type of Bullying Verbal Bullying

There are two girls who won't stop laugh 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 getting offensive and hurtful and gossip me about 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.

B Type of Bullying Bullying because of prejudice

Things at school are really bad. The other students play 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 toilets. They're really offensive and hurtful and I would be more teaser and respectful. They make me feel really bad.

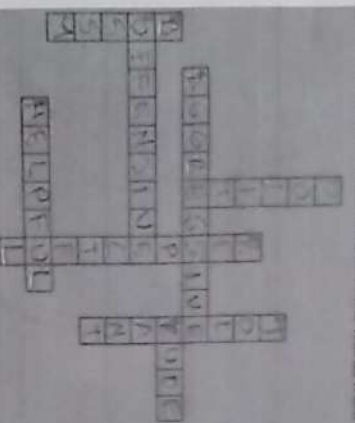
2. Complete the speeches the bullies wrote to Jackson, Jane and Lucas.
- Hi Jackson, I didn't mean to exclude you and I be tolerant and respectful if you were to tell me that I'm offensive and hurtful.
 - Hi Jane, I'm sorry for annoying you. push me about. Can you please forgive me?
 - Hi Lucas, I won't say anything to laugh at me and offensive and hurtful about you. I don't think about how it would make you feel. I teasing you.

Unit » 3

No Bullying Allowed

Lesson 1 » Class President

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

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 a note from their parents explaining why, but they have to have a medical certificate. Another important rule is that students don't have to be polite and respectful to teachers and other students. They also don't 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.

EXERCISE DE SHOULD-SHOULDN'T, HAVE TO-DON'T HAVE TO

Deberia
No deberia