

1 READING & VOCABULARY

- a Ask and answer the questions in pairs.
- Do you know anyone that has been bullied? What happened?
 - Have you every been bullied? When? What happened?
- b Read the text and match the **highlighted** words with their definitions.
- 1 to respect yourself
 - 2 a piece of news about someone that might not be true
 - 3 to behave unfairly or in a cruel way towards someone
 - 4 belief that somebody / something is good, honest, or sincere
 - 5 something that happens
 - 6 being sure about your own abilities



The end of the road for bullies?

1 _____
Bullying is when a person is **picked on** by an individual or group of people. It can involve hitting, threatening or intimidating someone, spreading **rumours**, or encouraging others to reject or exclude someone. Cyber-bullies send people nasty texts, emails or write horrible things about the person they are bullying on Internet blogs. Almost 30 percent of teenagers in the United States have been involved in bullying as either a bully or a target of bullying or both. Bullying can make you feel anxious and afraid. It can affect your concentration in school and can make you want to avoid school in some cases. It also affects your **self-esteem**. However, many successful adults were bullied when they were young for example David Beckham and Tom Cruise!

2 _____
You can talk to your parents or an adult that you **trust**. You can also tell a friend what is happening and ask him / her to help you. If the bullying happens at school you can tell a teacher or your headmaster / mistress.

3 _____
You should not show that you are angry or upset. Bullies want to get a reaction. If you are calm, and hide your emotions, they may stop. Ignore hurtful emails or texts and you will show that you do not care. It's best not to fight back. Often bullies are very strong and you may make the situation worse. It is a good idea to try and avoid being alone in the places where you know the bully is likely to pick on you. This might mean changing the way you go to school or avoiding parts of the school. Keep a diary about what is happening. Write down details of the **incidents** and how you feel.

4 _____
Bullying can affect how you feel about yourself. Sometimes you feel alone if you are bullied, so it is important to make new friendships with people who share your interests. You could join a sports club outside of school or participate in extra-curricular activities. Be **confident**.

It is not all good news for Bullies! Many schools in the United Kingdom and United States of America are introducing programmes to reduce bullying and also to enforce rules against bullying.

c Read the text again and put the headings in the correct place.

- How can I feel better about myself?
- What should you do if you are being bullied?
- Who should you tell if you are being bullied?
- What is bullying?

d Read the article again and match the sentence halves.

- 1 Ignore hurtful emails and texts
 - 2 You should not show
 - 3 You can talk to
 - 4 Keep a diary about
- a that you are angry or upset.
- b a parent or an adult you trust.
- c and you will show that you do not care.
- d what is happening.

2 LISTENING & SPEAKING

a **6.1** Listen to Anthea talk about being bullied at school. Mark the sentences T (true) or F (false), correct the false sentences.

- 1 Anthea was bullied at primary school.
- 2 The bully was called Michael.
- 3 Anthea's nickname was 'cow'.
- 4 She got her nickname because she had a double chin.
- 5 Bullying made Anthea feel physically sick.
- 6 When she left school she became a journalist.

b **6.1** Listen again and complete the sentences.

- 1 I will never forget my _____.
- 2 My _____ was 'goat'.
- 3 I had terrible _____ stomach.
- 4 My name was no longer Anthea _____.
- 5 Sticks and stones _____.
- 6 _____ never hurt me.

What do you think?

☀ Do you think you should tell your teacher if you are being bullied. Why (not)?

PROJECT

Write a short article (100 words) about cyber-bullying. Use the Internet or magazines to help you.

Include information on:

- what cyber-bullying is
- what cyber-bullies do
- how you can protect yourself from a cyber-bully

