

Do the preparation task first. Then read the article and do the exercises to check your understanding.

Preparation

Complete the sentences with a word from the box.

comfort	take a stand	take over	anxiety
depression	ignore		slogan

- Bullying can cause _____ (feeling very sad) and _____ (an uncomfortable feeling of worry or nervousness).
- Some children might _____ (support and make feel better) the person who is being bullied.
- Why not create an anti-bullying _____ (a phrase that is easy to remember) and make posters?
- You could also _____ (take control of) the school's social media for a week to send out anti-bullying messages.
- To stop bullying we need everyone to _____ (be strong and say your opinion).
- Don't laugh or _____ (not react or do anything) what's happening – do something!

1. Check your understanding: true or false

Circle *True* or *False* for these sentences.

- | | | | |
|----|---|-------------|--------------|
| 1. | Bullying doesn't happen very often in the UK. | <i>True</i> | <i>False</i> |
| 2. | Bullying can affect people's mental health, social life and progress at school. | <i>True</i> | <i>False</i> |
| 3. | There are two main types of bullying. | <i>True</i> | <i>False</i> |
| 4. | Bullying can happen between two people who feel equally powerful. | <i>True</i> | <i>False</i> |
| 5. | If you laugh at a bullying situation, it makes it better. | <i>True</i> | <i>False</i> |
| 6. | There are many things young people can do to prevent bullying. | <i>True</i> | <i>False</i> |
| 7. | Young people need to stop bullying on their own. | <i>True</i> | <i>False</i> |
| 8. | If you see bullying, the best thing to do is talk to your friends for help. | <i>True</i> | <i>False</i> |

2. Check your understanding: multiple choice

Circle the best answer to these questions.

1. Bullying can cause depression and ...
 - a. anxious.
 - b. anxiety.
 - c. nerves.
 - d. nervous.

2. Bullying can be physical, with words, or ...
 - a. friendly.
 - b. friendship.
 - c. social.
 - d. society.

3. Kids who laugh are encouraging the bully by being ...
 - a. a spectator.
 - b. an audience.
 - c. the public.
 - d. watchers.

4. To stop bullying we need everyone to be brave and take a ...
 - a. break.
 - b. stand.
 - c. look.
 - d. bath.

5. Create an anti-bullying group and choose ...
 - a. a slogan.
 - b. a poem.
 - c. a saying.
 - d. an expression.

6. Don't ignore it if you see someone being ...
 - a. cruel.
 - b. cruelty.
 - c. cool.
 - d. coolness.