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.

<table>
<thead>
<tr>
<th>comfort</th>
<th>take a stand</th>
<th>take over</th>
<th>anxiety</th>
</tr>
</thead>
<tbody>
<tr>
<td>depression</td>
<td>ignore</td>
<td>slogan</td>
<td></td>
</tr>
</tbody>
</table>

1. Bullying can cause _______________ (feeling very sad) and _______________ (an uncomfortable feeling of worry or nervousness).
2. Some children might _______________ (support and make feel better) the person who is being bullied.
3. Why not create an anti-bullying _______________ (a phrase that is easy to remember) and make posters?
4. You could also _______________ (take control of) the school's social media for a week to send out anti-bullying messages.
5. To stop bullying we need everyone to _______________ (be strong and say your opinion).
6. 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. True False
2. Bullying can affect people's mental health, social life and progress at school. True False
3. There are two main types of bullying. True False
4. Bullying can happen between two people who feel equally powerful. True False
5. If you laugh at a bullying situation, it makes it better. True False
6. There are many things young people can do to prevent bullying. True False
7. Young people need to stop bullying on their own. True False
8. If you see bullying, the best thing to do is talk to your friends for help. True False
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.