

LEARN MORE ABOUT BULLYING

NO MORE BULLYING

Students watch a video and write statements about how to prevent bullying.

- + Bullying myth quiz, answer key
- + Bullying discussion questions
- + Is it bullying? Quiz and discussion





**SAY
~~NO~~ TO
BULLYING**



BECAUSE IT ...

Bullying myths and facts



There are many myths surrounding bullying issues and some of these myths can often trivialise bullying and suggest the bullied individual is making a big deal out of nothing when actually that is not the case. This can undermine how a person feels if they are being bullied. Bullying should not be tolerated in any form. We believe it is important to address bullying whether it is in a workplace, school or in a neighbourhood so that the message is clear that bullying is unacceptable.

What arguments can you find against these myths?

- **Bullying is a normal part of childhood and you should just ignore it**
.....
- **It is ok to hit someone who is bullying you, it will stop it**
.....
- **Bullying only happens in schools**
.....
- **You can spot a bully from the way they look and act**
.....
- **Online bullying is just banter(=joking) and harmless**
.....
- **Cyberbullying doesn't involve physical harm so what's the harm?**
.....
- **Cyberbullying can only affect someone if they are online and have an account too**
.....
- **It is not bullying if someone deletes the comment or post**
.....
- **If bullying was so bad, why don't they have a law about it?**
.....
- **Reporting a bully will make things worse**
.....
- **It is easy to spot the signs of bullying**
.....
- **Children grow out of bullying**
.....
-



STAND UP. SPEAK OUT.
END
BULLYING.



LET'S DISCUSS BULLYING



1. What's the difference between bullying and just being mean?
2. How do you feel when you are bullied?
3. What should parents do if they think their son or daughter is being bullied?
4. Have you ever tried to help someone who was being bullied? What happened?
5. Do you think a bully is forever, they'll never change?
6. Are there different types of bullies? If yes, explain. What types?
7. Do you think bullying should be considered a crime?

BUDDY OR BULLY?

Won't let you play or hang out with other people.



Asks to include others in your group or game.



Plays with you when you're by yourself.



Talks about other people behind their backs.



Shares their lunch with you.



RUDE, MEAN OR BULLYING?



rude

mean

bullying

Someone burps loudly nearby

Someone teases you daily about your hair color

Someone laughs at you for wearing the wrong uniform

Someone punches you every day at lunchtime

Someone bumps into you and doesn't say sorry

Someone tells you they don't like the way you smell.

Name: _____

Date: _____

RUDE, MEAN OR BULLYING?

Rude Unintentional behavior that can be upsetting
Mean Inconsistently deliberate behavior that can be upsetting
Bullying Ongoing, purposeful behavior that is upsetting

rude

mean

bullying

burping

punching someone

pushing in line

snapping at someone

constantly teasing

excluding others

targeting someone

spreading rumours

cyber-bullying

staring at someone

not using manners

not sharing

ANSWER KEYS

Myth: Bullying is a normal part of childhood and you should just ignore it

Fact: Bullying is not "normal" or acceptable in any form and ignoring might not always make it stop. If you can, please [confide in someone you trust](#) such as a parent or teacher to help you get it stopped. Bullying can knock your self-esteem and confidence.

Myth: It is ok to hit someone who is bullying you, it will stop it

Fact: It's understandable that you may be angry but if you were to get violent or aggressive it may make matters much worse as you may get into trouble too.

Myth: Bullying only happens in schools

Fact: This is not the case at all, bullying can happen to anyone at any place. It may be out of school, at university or even college. It can happen [when you are out](#) with mates or on the [way to or from](#) school.

Myth: You can spot a bully from the way they look and act

Fact: There is no such thing as a way a bully looks or acts. There is no specific dress code or behaviour code.

Myth: Online bullying is just banter(=joking) and harmless

Fact: People being [bullied online](#) is a very serious issue, the bullying can go viral very quickly and make the problem escalate quickly. It is important to take a screenshot of any conversations, messages or posts that you feel are bullying so that you have a record.

Myth: Cyberbullying doesn't involve physical harm so what's the harm?

Fact: Actually, some people have committed suicide as a result of not seeing any way out of the non-stop harassment, threats and abuses. The emotional scarring stays for a lot longer and sometimes a person will never get over this. Some [websites](#) allow people to post anonymously which can mean it is very hard to stop this abuse.

Myth: Cyberbullying can only affect someone if they are online and have an account too

Fact: This is not true, we often hear of pages and fake accounts being created without person's permission or knowledge. This sort of [cyberbullying](#) is on the increase and just as serious as any other form of bullying.

Myth: It is not bullying if someone deletes the comment or post

Fact: Regardless of hitting delete, once something is posted online it gets its own unique URL which means that it can stay on cyberspace even if you hit delete.

Myth: If bullying was so bad, why don't they have a law about it?

Fact: Some forms of bullying are illegal and should be reported to the police including violence or assault, theft, repeated harassment or intimidation, e.g. threats and abusive phone calls, emails or text messages and hate crimes.

Myth: Reporting a bully will make things worse

Fact: You may worry that reporting a bully might make the bullying escalate or they feel they are not believed. It is important to confide in someone you trust so that you can have some help in getting the necessary support to get this stopped.

Myth: It is easy to spot the signs of bullying

Fact: It is not always easy to [spot the signs](#) of bullying as it is not always physical and obvious. Emotional, verbal and online bullying can often leave scars that people don't see.

Myth: Children grow out of bullying

Fact: Quite often children who bully may grow up to be adults who bully or use negative behaviour to get what they want, unless there has been intervention and their behaviour challenged by the relevant authorities, whether it be school or parents, etc.

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