

Do you know what to do if you see or experience bullying? Watch this video to find out how you can help your friends and classmates, or ask someone for help if you need it.

Instructions

Do the preparation exercise first. Then read the article and do the other exercises.

Preparation

Complete the sentences with words from the box.

| | | | |
|---------|----------|---------|-----------|
| suffer | Bullying | Power | reach out |
| Respect | check in | support | challenge |

1. **Bullying** is when someone makes you feel bad or hurts you again and again.
2. If you something, you say it isn't right or OK.
3. When you to someone, you ask them for help or show them that you are interested in them and want to help them.
4. is polite, kind behaviour towards someone or something.
5. When people, they feel pain or sadness.
6. is the ability to control people or things.
7. If you someone, you give them help and try to make them feel better.
8. When you with someone, you contact them to make sure they are OK.

Tasks

Task 1

Watch the video. Write the words and phrases in the correct group.

| | | | |
|----------------------|-------------------------------|----------------|---------------------------|
| parents and carers | if we see bullying | friends | respect everyone |
| support other people | teachers | if we feel bad | ask someone 'Are you OK?' |

| when we should talk to someone | people we can talk to | what we can do to help |
|--------------------------------|-----------------------|------------------------|
| if we see bullying | | |

Task 2

Watch the video. Complete the sentences with words from the box.

| | | | |
|-----------|-------|------------|---------|
| challenge | help | difference | bullied |
| hurts | power | change | alone |

- Bullying hurts people's feelings.
- If we it, we can it.
- No one should be made to feel
- Let's choose to use our for good and ask when we need
- Together we can make a big
- Let's make sure no one gets

Write and draw

What could you do to reach out and help someone? Write about it and draw a picture.

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Answers

Preparation task

1. Bullying
2. challenge
3. reach out
4. Respect
5. suffer
6. Power
7. support
8. check in

Task 1

| when we should talk to someone | people we can talk to | what we can do to help |
|--------------------------------------|---|---|
| if we see bullying if we feel bad | parents and carers friends teachers | respect everyone support other people ask someone 'Are you OK?' |

Task 2

1. hurts
2. challenge, change
3. alone
4. power, help
5. difference
6. bullied