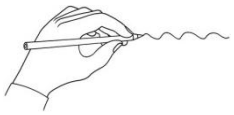
Hear my story – ANSWERS



1. Match them up!

Match the words with the definitions.

racism	treating someone unfairly because of the colour of their skin and/or their religious beliefs
Sikh	belonging to one of the world's main religions, Sikhism, which originated in Northern India
a Juda	a traditional hairstyle in the Sikh religion
a football camp	a place where you go to learn and practise football, often in the school holidays
a coach	someone who teaches a sport
to bully	to hurt someone or make them feel bad again and again
to be upset	to be unhappy, angry or worried
an equality council	a group of people who try to make sure that everyone is treated fairly and equally

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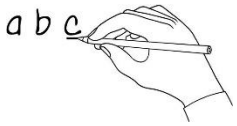

2. Choose the answer!

Watch the video. Underline the correct answer.

a. When Balraj went to his first football camp when he was seven, …

some older boys said racist things to him and pulled his hair.

he scored a lot of goals.

b. When Balraj told the coach about the boys, …

the boys stopped bullying him.

the boys didn't stop bullying him.

c. Balraj was …

excited about going back to the football camp.

too scared to go back to the football camp.

d. When Balraj went to another football camp a year later, …

he played football and had no problems.

he experienced racism again.

e. When someone bullied him at the second football camp, he …

talked to the coach straight away and the coach helped.

didn't talk about the problem.

f. After the second camp he decided …

to stop playing football.

to join the equality council at his school.

g. Balraj says if you've stopped playing football because of racism, you should …

try a different sport.

try again.

h. This year Balraj went …

to his third football camp.

to watch a football match.

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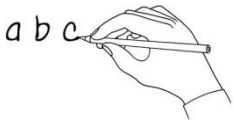


3. What's the order?

Watch the video. Put the words in the correct order.

a. ~~racism~~ ~~Experiencing~~ ~~scary.~~ ~~is~~

Experiencing racism is scary.

b. a Juda of my religion. and I wear because it's part I'm Sikh

I'm Sikh and I wear a Juda because it's part of my religion.

c. surprised. I At first felt

At first I felt surprised.

d. to do. what I know didn't

I didn't know what to do.

e. really upset. was I

I was really upset.

f. all responsibility. have We a

We all have a responsibility.

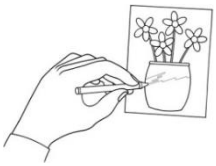
g. to be more Something done. needs

Something more needs to be done.

h. the Racism problem. is racist's

Racism is the racist's problem.

4. Write and draw!



Children write about what we can do to try to stop racism in sports or at school and draw a picture.

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