

# Bullying

*"If they don't like you for being yourself, be yourself even more."*

—Taylor Swift, Singer



## Pre-Reading

### A. Warm-Up Questions

1. What is a bully?
2. Describe a bully from your school days.
3. What is a cyberbully?

### B. Vocabulary Preview

Match the words on the left with the correct meanings on the right.

- |                        |  |
|------------------------|--|
| _____ 1. torment       | a) knowledge about a specific issue or topic                       |
| _____ 2. target        | b) to aim toward a specific person or thing                        |
| _____ 3. humiliating   | c) to bother someone over and over                                 |
| _____ 4. gossip        | d) very embarrassing   |
| _____ 5. demonstration | e) a protest involving a group of people                           |
| _____ 6. awareness     | f) to defend   |
| _____ 7. stand up for  | g) to repeatedly talk negatively about a person who is not present |
| _____ 8. cyberbullying | h) harassment that takes place online                              |
| _____ 9. self-esteem   | i) stress, nervousness   |
| _____ 10. anxiety      | j) how you view your own strengths and abilities                   |

## Reading

### BULLYING

*Does anti-bullying education prevent bullying?*

1. Bullies don't know when to stop. They repeatedly **torment** their victims physically or mentally. Victims are **targeted** for various reasons, such as social class, race, gender, health, or religious beliefs. Bullying includes name-calling, pushing, hitting, and **humiliating**. Are social exclusion and **gossiping** forms of bullying? Experts say yes. Some people think bullying is just a part of growing up.
2. School administrations work hard to prevent bullying in some countries. They hold special anti-bullying days, such as Canada's Pink Shirt Day. This annual **demonstration** was organized by high school students in Nova Scotia. Students were raising **awareness** about a victim who was being bullied for wearing a pink shirt on the first day of school. On Pink Shirt Day, also known as "Anti-Bullying Day," Canadian boys and girls wear pink to show that they don't support this type of harassment.
3. Do these awareness events help prevent bullying in schools? Some psychologists say no. Most campaigns focus on the problem but don't do much to prevent it. More needs to be done to help bullies themselves. Why do bullies bully? They may be looking for attention or modeling behavior of family members or peers. Victims need to be educated to **stand up for** themselves since bullying doesn't end after high school. Most students know who the victims are, and anti-bullying campaigns can make the victims feel very uncomfortable. Some will even skip school during these events.
4. Adults can be victims of bullying too. Harassment may occur at the workplace, in a social atmosphere, or online. Online bullying is called **cyberbullying**. An example is when a person torments a victim on a social network. This may happen in front of others or in direct messages or private chat rooms. Sometimes people change their online names to avoid their cyberbullies. Social media has made it easier for bullies to harass their victims without facing any punishment. Sexual harassment is also a form of bullying. Bullying has long-term effects on victims. Victims suffer from **self-esteem** problems, depression, and **anxiety**. In extreme cases, victims commit suicide.

## Comprehension

Discuss these questions in pairs, and write the answers in your notebook.

1. What are some different types of bullying?
2. What is Pink Shirt Day?
3. Why do bullies behave this way?
4. Why do some people think anti-bullying campaigns are ineffective?
5. What does the reading say about bullying in adulthood?

# Vocabulary Review

## A. Collocations

Look at the list of words below.  
Try to make collocations.  
Collocations are words that are typically written or said together.  
Some words will not be used.

### Word List:

- raise
- harassment
- hitting
- suicide
- awareness
- verbal
- anti-bullying
- commit
- class
- torment
- campaign
- social
- effects
- long-term

### Collocations:

1. raise awareness
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

## B. Agree or Disagree?

Do you agree or disagree with these statements?  
If you disagree, rewrite the statement. (If you need more room, use your notebook.) Compare your responses with a partner and your class.

1. Bullies are typically people who have more confidence than others.  
I disagree. Bullies are typically people who have self-confidence problems.  
They torment their victims to feel better about themselves.  
\_\_\_\_\_
2. Banning social media networks on school campuses will help prevent bullying in schools.  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
3. Students who are bullied need more help from teachers than their bullies do.  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
4. Gossiping is one of the worst forms of bullying in schools.  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
5. If a victim commits suicide, the bully should be charged with murder.  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Discussion Questions


1. When does bullying become criminal behavior?
2. What personality traits do bullies typically have?
3. Have you ever witnessed or taken part in bullying?  
What did you do? Do you wish you had acted differently?
4. What type of bullying is worse, online bullying or bullying that is face-to-face?

## Class Survey

Walk around the class and ask your classmates the questions in the chart. Write their answers in the blank boxes.

Where does bullying happen the most often?	What's the best way to prevent bullying?	What role do parents have in preventing bullying?

## Listening – Gap Fill

 <http://blog.esllibrary.com/2012/02/29/podcast-bullying/>

Fill in the blanks as you listen to the recording.

### **BULLYING**

*Does anti-bullying education prevent bullying?*

1. Bullies don't know when to stop. They \_\_\_\_\_ **torment** their victims physically or mentally. Victims are **targeted** for various reasons, such as social class, race, gender, health, or religious beliefs. Bullying includes name-calling, pushing, hitting, and **humiliating**. Are social exclusion and **gossiping** forms of bullying? Experts say yes. Some people think bullying is just a part of \_\_\_\_\_ .
2. School administrations work hard to prevent bullying in some countries. They hold special anti-bullying days, such as Canada's Pink Shirt Day. This annual **demonstration** was organized by high school students in Nova Scotia. Students were raising **awareness** about a victim who was \_\_\_\_\_ for wearing a pink shirt on the first day of school. On Pink Shirt Day, also known as "Anti-Bullying Day," Canadian boys and girls wear pink to show that they don't support this type of \_\_\_\_\_ .
3. Do these awareness events help prevent bullying in schools? Some \_\_\_\_\_ say no. Most campaigns focus on the problem but don't do much to prevent it. More needs to be done to help bullies themselves. Why do bullies bully? They may be looking for attention or modeling behavior of family members or peers. Victims need to be educated to **stand up for** themselves since bullying doesn't end after \_\_\_\_\_ . Most students know who the victims are, and anti-bullying campaigns can make the victims feel very uncomfortable. Some will even skip school during these events.
4. Adults can be victims of bullying too. Harassment may occur at the workplace, in a social atmosphere, or online. Online bullying is called **cyberbullying**. An example is when a person torments a victim on a social network. This may happen in front of others or in direct messages or private chat rooms. Sometimes people change their online names to avoid their cyberbullies. Social media has made it easier for bullies to harass their victims without facing any \_\_\_\_\_ . Sexual harassment is also a form of bullying. Bullying has long-term effects on victims. Victims suffer from **self-esteem** problems, depression, and **anxiety**. In extreme cases, victims \_\_\_\_\_ suicide.

1. repeatedly, growing up  
 2. being bullied, harassment  
 3. psychologists, high school  
 4. punishment, commit

**ANSWERS:**

# Answer Key

**LESSON DESCRIPTION:**

Students read a brief description about bullying and anti-bullying campaigns, such as Pink Shirt Day. They review related vocabulary and discuss different types of bullying.

**TEACHING TIPS:**

See Discussion Starters Teaching Guide (<https://esllibrary.com/courses/72/lessons/>) for a variety of ways to use the reading. Audio is available for this lesson. Students can access the audio via our podcast and iTunes.

**LEVEL:** Int – Adv

**TIME:** 1.5–2 hours

**TAGS:** discussion, bullying, anti-bullying, friendship, fighting, cyberbullying, Pink Shirt Day, social, teens

## Pre-Reading

**A. WARM-UP QUESTIONS**

Have students work in small groups or as a class. Discuss the quote.

**B. VOCABULARY PREVIEW**

- |      |      |      |      |       |
|------|------|------|------|-------|
| 1. c | 3. d | 5. e | 7. f | 9. j  |
| 2. b | 4. g | 6. a | 8. h | 10. i |

## Reading (and/or Listening)

Read individually, in small groups, or as a class. You can also play the listening as your students read along. A gap-fill version of the reading is available on page 5. Help your students with vocabulary and expressions that they are unfamiliar with. Discuss the meaning of the subtitle “Does anti-bullying education prevent bullying?”

## Comprehension

- Some different types of bullying include verbal and sexual harassment, cyberbullying, gossiping, social exclusion, and physical abuse.
- Pink Shirt Day is an annual anti-bullying awareness campaign in Canada. It was first organized by high school students in Nova Scotia.
- Bullies typically act this way because they have self-confidence problems or they have witnessed this type of behavior at home.
- Some people think anti-bullying campaigns are ineffective because the events focus on the problems instead of the solutions. These events don’t help bullies learn how to stop bullying, and they can make victims feel even more uncomfortable.
- The reading says that bullying occurs in adulthood as well. Some adults are bullied online, in a social atmosphere, or in the workplace.

*(continued on the next page...)*

## Answer Key cont.

### Vocabulary Review

#### A. COLLOCATIONS

- |                      |                           |
|----------------------|---------------------------|
| 1. raise awareness   | 4. anti-bullying campaign |
| 2. verbal harassment | 5. social class           |
| 3. commit suicide    | 6. long-term effects      |

#### B. AGREE OR DISAGREE?

Individual answers.

### Discussion Questions

Individual answers.

Can be done individually or in small groups or pairs.

### Class Survey

Individual answers.

#### SPELLING NOTES:

1. This lesson shows the American spelling of the words *Modeling* and *Behavior*. Most other English-speaking countries spell these words this way: *Modelling* and *Behaviour*. Make it a challenge for your students to find these words in the lesson and see if they know the alternate spellings.
2. *Toward* (page 1) is preferred in American English, while *Towards* is more common in all other English-speaking countries.