

#### PRE READING ACTIVITY

What do you know about bullying?

Has anyone been bullied in your school?

In your opinion, why do kids become bullies?

Who would you talk to if someone bullied you?

#### **BULLYING: KNOW IT – FACE IT!**

Bullying is a form of aggression. Bullies are people who bully other people. Bullies can be male or female, adults or children.

#### WHAT IS BULLYING?

Bullying is a form of violence which can be physical or psychological. Bullies are people who think that they are stronger than others and who pick on people who are weaker. There are three main forms of bullying: physical (hitting someone or vandalizing something), verbal (insulting or teasing someone, asking for money or personal possessions) and indirect (excluding someone from a group or saying false things about someone).

#### PROFILE OF A BULLY

A bully is someone who is aggressive and arrogant. Bullies can bully someone for a day, a week, a month or even years. Bullies usually get away with their behavior because their victims are afraid to tell anyone about it and give in to the bully. Eventually, the person who is bullied refuses to go out on their own or to go to school or work.

#### PROFILE OF A VICTIM

Victims of bullying are often desperate, usually alone, unhappy and frightened. Sometimes they get ill. They need help and solidarity

Where there are bullies there are also:

Helpers: those who help the bully

Defenders: those who help the victim ( the person who is bullied )

On-lookers: those who know what's going on, but keep quiet.

#### WHAT TO DO

80% of people who are bullied (the victims) talk to their friends about it, but not to a responsible adult.