# **Learning English with CBC Radio – Living in Alberta**



# **Bullying**

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# **Employment Enhancement**

Lesson:	Bullying
Topic:	Bully Free Alberta
CLB Level:	6
CLB Skills:	Reading, Writing
Essential Skill(s):	Reading, Writing, Thinking Skills (Problem Solving, Finding
	Information)

CLB Outcomes		
Reading:	Learners will demonstrate the ability to use an online reference source.  Learners will be able to demonstrate comprehension of a moderately complex text.  Learners will be able to identify factual details and some inferred meanings in moderately complex texts containing advice and suggestions.	
Writing:	Learners will be able to take notes from a page of written information.  Learners will be able to write one or two paragraphs to summarize information.	
Language Skills		
Grammar Focus:	Using correct word forms. Writing cause and effect sentences.	
Vocabulary:	gang up on others, victim, withdrawal, harassment, shoving, stick up for yourself, bystander, tease, bully, coerce, exclude, rumour, pinch, relieve, psychological, shyness, humiliate	
Culture		
Bullying is not acceptable behaviour for children and adults. Children are taught to be		
assertive and are taug	ht strategies to deal with bullying both at school and at home.	

# Websites:

www.bullyfreealberta.ca www.learnersdictionary.com www.thesaurus.com

www.teamheroes.ca , www.b-free.ca , www.egale.ca , www.prevnet.ca , www.sacsc.ca

# Introduction

# Before you read, complete the first two columns of the KWL chart below:

К	W	L
What I <b>know</b> about	What I want to know about	What I <b>learned</b> about
bullying.	bullying.	bullying.

# **Pre-reading**

Munya is a 10 year old boy. He and his family moved to Canada 5 months ago. Munya's dad works out of town and only comes home twice a month. Munya stays at home with his mother, Vimbai, and his baby sister. Munya attends an elementary school a few blocks away from his house. He usually walks to school. English is not his first language but he is learning it quickly. Munya is a quiet and shy kid and has made one good friend at school, Tom. Recently Munya's mother, Vimbai, noticed that he has become very quiet and withdrawn. He is no longer excited about going to school. Every morning his mother has to beg him to wake up and go to school. He always complains about a stomach-ache each morning. Last week Munya came home with his shirt all torn. His mother asked him what had happened to his shirt but he did not respond. He went to his room and cried there. Worried about him, Vimbai asked Tom if he knew what was wrong with Munya. Tom told her that some kids at school had written some nasty jokes about Munya on a website. These kids had made fun of his name, his English, his clothes, his lunch and a lot of other things.

# Food for thought

- 1. What do you think is the problem that Munya is dealing with?
- 2. If you were Vimbai, his mother, what would you do?

# **Main Reading**

Title: Bullying Glossary<sup>1</sup>

- 1. Sarcasm means the use of words that mean the opposite of what you really want to say especially in order to insult someone, to show irritation, or to be funny.
- 2. Scapegoating means to blame someone unfairly for something that others have done.
- 3. Graffiti means pictures or words painted or drawn on a wall, building, etc.
- 4. Battered means physically or emotionally hurt by another person.
- 5. Intimidate means to make someone afraid.

As you read the selection, use *context clues* to help you figure out the meaning of the following words that you will come across: *gang up on others, victim, withdrawal, harassment, shoving, stick up for yourself, bystander.* 

#### **Bully-Free Alberta**

# What is bullying?

Many children have a good idea of what bullying is because they see it every day! Bullying happens when someone hurts or scares another person on purpose and the person being bullied has a hard time defending themselves. So, everyone needs to get involved to help stop it.

Bullying is wrong! It is behaviour that makes the person being bullied feel afraid or uncomfortable. There are many ways that young people bully each other, even if they don't realize it at the time. Some of these include:

- · Punching, shoving and other acts that hurt people physically
- Spreading bad rumours about people

<sup>&</sup>lt;sup>1</sup> Definitions taken from www.learnersdictionary.com

- Keeping certain people out of a group
- Teasing people in a mean way
- Getting certain people to "gang up" on others

The four most common types of bullying are:

**Verbal bullying** - name-calling, sarcasm, teasing, spreading rumours, threatening, making negative references to one's culture, ethnicity, race, religion, gender, or sexual orientation, unwanted sexual comments.

**Social Bullying** - mobbing, scapegoating, excluding others from a group, humiliating others with public gestures or graffiti intended to put others down.

**Physical Bullying** - hitting, poking, pinching, chasing, shoving, coercing, destroying or stealing belongings, unwanted sexual touching.

**Cyber Bullying** - using the internet or text messaging to intimidate, put-down, spread rumours or make fun of someone.

# What are the effects of bullying?

Bullying makes people upset. It can make children feel lonely, unhappy and frightened. It can make them feel unsafe and think there must be something wrong with them. Children can lose confidence and may not want to go to school anymore. It may even make them sick.

Some people think bullying is just part of growing up and a way for young people to learn to stick up for themselves. But bullying can have long-term physical and psychological consequences. Some of these include:

Withdrawal from family and school activities, wanting to be left alone.

- Shyness
- Stomach-aches
- Headaches
- Panic Attacks
- Not being able to sleep
- Sleeping too much
- · Being exhausted
- Nightmares

If bullying isn't stopped, it also hurts the bystanders, as well as the person who bullies others. Bystanders are afraid they could be the next victim. Even if they feel badly for the person being bullied, they avoid getting involved in order to protect themselves or because they aren't sure what to do.

Children who learn they can get away with violence and aggression continue to do so in adulthood. They have a higher chance of getting involved in dating aggression, sexual harassment and criminal behaviour later in life.

#### Bullying can have an effect on learning

Stress and anxiety caused by bullying and harassment can make it more difficult for kids to learn. It can cause difficulty in concentration and decrease their ability to focus, which affects their ability to remember things they have learned.

# Bullying can lead to more serious concerns

Bullying is painful and humiliating, and kids who are bullied feel embarrassed, battered and shamed. If the pain is not relieved, bullying can even lead to consideration of suicide or violent behaviour.

Excerpt taken from http://www.bullyfreealberta.ca/bullying.htm

# **Reading Comprehension**

- 1. What are the four types of bullying?
- 2. List the effects of bullying on the victims.
- 3. Where do children see bullying "everyday"?
- 4. What are the ways in which children bully each other?
- 5. How can bystanders be affected by bullying?
- 6. Can you think of a reason why some children are bullies?

# **Vocabulary Development**

#### A. Context Clues

Use context clues from the reading to guess the meaning of the following words: gang up on others, victim, withdrawal, harassment, shoving, stick up for yourself, bystander, cyber

# **B.** Definition Matching

The words in italics below are taken from the reading. These words are also found on the *list of the first 2000 most commonly used words of English* and on the *Academic Word List*. Match the words to the correct definition and find the part of speech. The first one has been done for you as an example.

Tease, bully, coerce, exclude, rumour, pinch, relieve, psychological, shyness, humiliate

	Word	Part of speech	Definition
1.	Bully	Noun	someone who frightens, hurts, or threatens smaller or weaker people
		Verb	to frighten, hurt, or threatens smaller or weaker people
2.			information or a story that is passed from person to person but has not been proven to be true
3.			to laugh at and criticize (someone) in a way that is either friendly and playful or cruel and unkind
4.			to make (someone) do something by using force or threats
5.			to squeeze (someone's skin) between your thumb and finger often in a painful way
6.			of or relating to the mind
7.			tending to avoid something because of nervousness, fear, dislike,
8.			to reduce or remove (something, such as pain or an unpleasant feeling)
9.			to prevent (someone) from doing something or being a part of a group
10.			to make (someone) feel very ashamed or foolish

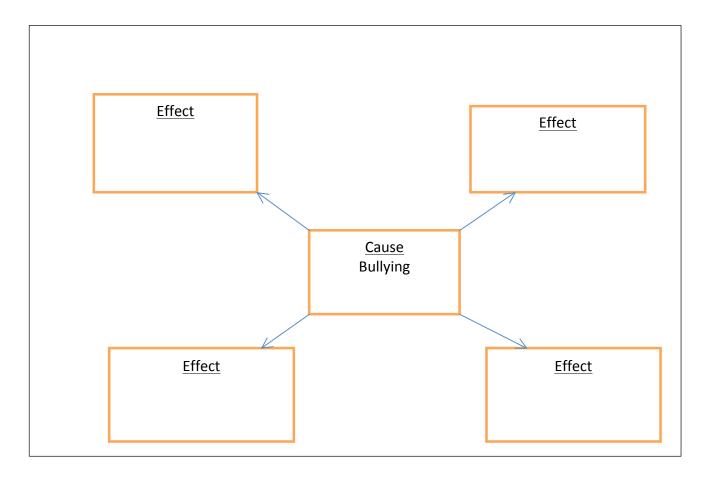
# C. Synonyms and Antonyms

A word can have more than one synonym and antonym. In some cases a word may not have a synonym or antonym. The table below provides more than one synonym and antonym for each of the key words. Highlight the best synonym and antonym that relates to the reading. Use online reference sites such as <a href="https://www.thesaurus.com">www.thesaurus.com</a> to help you. The first one has been done for you as an example.

Word	Synonym	Antonym
Negative	Bad, <mark>detrimental</mark> , weak	Good, positive, yes,
Anxiety	Uneasiness, concern, trouble	Happiness, peace, ease
Threatening	Unlucky, aggressive, upcoming	Pleasant, good, fine
Intimidate	Scare, chill, alarm	Fight, comfort, terrify
Protect	Support, keep safe, preserve	Attack, harm, cover up

# **Reading Strategy**

Reread the selection and identify the cause and effect relationships in the section "what are the effects of bullying?" What are the effects of bullying? Complete the cause and effect chart below.



# **Grammar Focus / Pragmatic Competence**

Exercise 1 – Writing cause and effect sentences

Look at the cause and effect chart you completed in the reading strategy section. Write out the sentences that describe the cause and effect relationships in the chart. The first one has been done for you as an example. You can use words such as *because*, *causes*, *creates*, *as a result of*, *due to*, *leads to*, *results in*, *gives*, *provides* 

Exercise 2 – Selecting the correct word form.

Read each sentence below and complete it by underlining the correct form of the word. You need to decide on the correct part of speech – noun, verb, adjective, or adverb. The first one has been done for you as an example.

- 1. Munya did not want to go to school anymore because bullied / <u>bullies</u> always take away his lunch.
- 2. Kim is too shy / shyness to ask her teacher for help.
- 3. Exclusion / excluding other children from a play group is an example of social bullying.
- 4. Jenny felt humiliated / humiliation by the jokes her classmates made about her weight.
- 5. Jack and his friends spread rumoured/ rumours about Nelly and now nobody wants to play with her.
- 6. Pinching / pinches are an example of physical bullying.

# Reading – Writing Link

Read the rest of the article on bullying at <a href="http://www.bullyfreealberta.ca/bullying.htm">http://www.bullyfreealberta.ca/bullying.htm</a>. While you read pay particular attention to the section on myths about bullying. Note down the key points on myths about bullying. Use your notes to write a short summary of this section in the space provided below. Remember to use your own words.

Myths about bullying	

# **Link to Essential Skills**

Essential skills are the skills needed for work, learning, and life (<a href="www.hrsdc.gc.ca">www.hrsdc.gc.ca</a>). They are enabling skills that help you perform daily tasks as well as tasks required on the job. In this lesson you will focus on **finding information** which is one of the 6 Thinking Skills and on **computer use** to answer the question:

Where can parents and children get help and resources to deal with bullying?

Look up the following websites on the internet: <a href="www.teamheroes.ca">www.b-free.ca</a>, <a href="www.b-free.ca">www.b-free.ca</a>, <a href="www.b-f

	Organization / Program	Contact details	Services / resources provided
1.	S-Team Heroes	1-888-456-2323 Kids help line 1-800-668-6868	Help phone line for children who are being bullied. Ideas on how to deal with bullying
2.			
3.			
4.			
5.			
6.			

# **Answer Keys**

# **Reading Comprehension**

- The four types of bullying are social bullying, physical bullying, cyber bulling, and verbal bullying.
- Bullying can cause victims to have health problems such as headaches, stomach-aches, panic attacks, and lack of sleep. It can also lead to withdrawal from daily activities.
   Bullying can also cause victims to have problems in learning. It may also lead to suicide and violent behaviour in adulthood.
- 3. Children see bullying at school, at home, and at social activities.
- 4. Children may tease, laugh, punch, and exclude other children from play groups. They may also say mean and untrue things about other kids.
- 5. Bystanders may feel afraid and unsure of what to do to stop the bullying.
- 6. Some children may not know the effects of bullying on others. They may also be victims of bullying and think that this is acceptable behaviour. (Answers will vary).

# **Vocabulary Development**

#### A. Context Clues

- 1. Gang up on others means to form a group to attack, oppose, or criticize others
- 2. Victim means a person who has been attacked, injured, robbed, or killed by someone else
- 3. Withdrawal means when you stop participating in something
- 4. Harassment means when someone is annoyed or bothered by someone else repeatedly
- 5. Shoving means pushing someone in a rough way
- 6. Stick up for yourself means to defend yourself
- 7. Bystander means a person who is standing near but not taking part in what is happening
- 8. Cyber means something that is related to the Internet.

# **B.** Definition Matching

	Word	Part of speech	Definition
1.	Bully	Noun	someone who frightens, hurts, or threatens smaller or weaker people
		Verb	to frighten, hurt, or threatens smaller or weaker people
2.	Rumours	Noun	information or a story that is passed from person to person but has not been proven to be true
3.	Tease	Verb	to laugh at and criticize (someone) in a way that is either friendly and playful or cruel and unkind
4.	Coerce	Verb	to make (someone) do something by using force or threats
5.	Pinch	Verb	to squeeze (someone's skin) between your thumb and finger often in a painful way
6.	Psychological	Adjective	of or relating to the mind
7.	Shyness	Noun	tending to avoid something because of nervousness, fear, dislike,
8.	Relieve	Verb	to reduce or remove (something, such as pain or an unpleasant feeling)
9.	Exclude	Verb	to prevent (someone) from doing something or being a part of a group
10.	Humiliate	Verb	to make (someone) feel very ashamed or foolish

# C. Synonyms and Antonyms

A word can have more than one synonym and antonym. In some cases a word may not have a synonym or antonym. The table below provides more than one synonym and antonym for each of the key words. Highlight the best synonym and antonym that relates to the reading. Use online reference sites such as <a href="https://www.thesaurus.com">www.thesaurus.com</a> to help you. The first one has been done for you as an example.

Word	Synonym	Antonym
Negative	<mark>detrimental</mark>	<mark>positive</mark>
Anxiety	uneasiness	ease
Threatening	aggressive	pleasant
Intimidate	scare	comfort
Protect	keep safe	harm

# **Reading Strategy**

Cause: Bullying

Effects: Withdrawal, illness, suicide, violent behaviour, shyness, fear, problems with learning,

and nightmares (only 4 are required)

# **Grammar Focus / Pragmatic Competence**

\*Answers may vary\*\*

Exercise 1 – Writing cause and effect sentences

- 1. Bullying causes stress and anxiety in children.
- 2. Bullying may lead to suicide.
- 3. Children may have nightmares as a result of bullying.
- 4. Learning problems can occur due to bullying.
- 5. Children may have panic attacks and nightmares because of bullying.

#### Exercise 2

1. Bullies	2. Shy	3. Excluding
4. Humiliated	5. Rumours	6. Pinches

# **Reading – Writing Link**

# Myths about bullying

There are seven myths about bullying. Some people think that children have to learn to stand up for themselves and adults should not get involved. Other people think that bullied children should hit back. Another myth is that bullying builds character. A fourth myth is that words cannot hurt you. Some people deny that bullying actually exists. Other people think that bullies will always be there. The last myth is that bullying is normal behaviour in childhood. The reality is that bullying is learned bad behaviour. It can have negative life time effect. Adults need to help children with problem solving skills and provide assertiveness training in order to deal with bullying.

<sup>\*</sup>Summaries will vary\*\*

# **Link to Essential Skills**

www.b-free.ca , www.egale.ca , www.prevnet.ca , www.sacsc.ca

	Organization / Program	Contact details	Services / resources provided
1.	S-Team Heroes	1-888-456-2323 Kids help line 1-800-668-6868	Help line for children who are being bullied. Ideas on how to
		Kids Help liffe 1-800-008-0808	deal with bullying
2.	Government of	Bullying help line 1 888 456	Help line for children.
	Alberta	2323	Educational videos on
		Kids help line 1-800-668-6868	preventing bullying.
3.	Egale Canada	egale.canada@egale.ca	Resources and information on
		416-964-7887	human rights for gays and
		888-204-7777	lesbians.
4.	PREVNet	(613) 533-2632 or Toll Free	Videos, research, speakers on
		(866) 372-2495	preventing bullying.
5.	Safe and Caring	Phone: 780-822-1500	Resources to encourage young
	Schools &	Fax: 780-455-6481	people to be respectful and
	Communities	Email: office@sacsc.ca	inclusive. Bullying and violence
			prevention programs are also
			provided.