

Video zone: I've experienced bullying – exercises

Bullying happens to different people in different places. If it's happened to you, you're not alone. In this video, teenagers who have faced and overcome bullying talk about their experience.

Do the preparation task first. Then watch the video and do the exercises. Remember you can read the transcript at any time.

Preparation

Match the vocabulary with the correct definition and write a–h next to the numbers 1–8.

- | | |
|---|---|
| 1..... to surround yourself with people | a. to frighten, hurt or threaten a smaller or weaker person |
| 2..... to bully someone | b. disgusting |
| 3..... to hang out | c. unhappy because you are alone |
| 4..... a joke | d. unimportant |
| 5..... negative energy | e. to choose to have particular people near you |
| 6..... horrible | f. a funny story or trick that is said to make people laugh |
| 7..... lonely | g. bad or harmful energy |
| 8..... insignificant | h. to spend time together |

1. Check your understanding: reordering

Write the words in the correct order to make sentences.

- bullied because | In school | I was | I looked | different.
.....
- made fun of | I was | as fast | because | as | the other kids. | I couldn't run
.....
- were | bullied me | who | my friends. | The people
.....
- and | names. | pushed | I was | called
.....
- in my class | A girl | all my friends | against me. | turned
.....

2. Check your understanding: gap fill

Complete the sentences with a word from the box.

Don't	Get	care	tell
Talk	information	Speak	Surround

1. _____ up!
2. _____ support.
3. Once you _____, it will start to get better.
4. _____ let it get locked up in your head.
5. _____ yourself with friends and family.
6. People _____ about you.
7. _____ to a parent, teacher or trusted adult about how you are feeling.
8. There's loads more _____ about tackling bullying on the CBBC website.

Discussion

What did you think of the advice in the video?

Vocabulary Box

Write any new words you have learned in this lesson.