

Nombre del docente:
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Grado o Nivel séptimo

Área o Asignatura
Inglés

Tema
Taller #3 de la página 11 a la 27

Criterios de desempeño

Describe, de manera oral, personas, actividades, eventos experiencias personales.

Reconoce información específica relacionada con objetos, personas y acciones

Expresa de manera sencilla lo que le gusta y disgusta respecto a lo que hace, utiliza códigos no verbales como gestos y entonación, entre otros,

Comprende descripciones orales sobre una situación, persona lugar u objeto.

Valora la lectura como un mito importante de enriquecimiento personal y académico.

Actividades

Ejercicios de lectura, comprensión lectora, razonamiento, ubicación en mapas, dibujos, etc.

Las actividades del taller se realizara en el cuaderno de inglés en base a los libros libros way to go WAY_TO_GO_7_LIBRO_DE_TRABAJO.pdf

Los estudiantes trabajaran de la página 11 hasta la 27

Metodología

Activa participativa que tiene en cuenta el factor flexible en el aprendizaje basado en tareas y talleres. Las actividades del taller se realizara en el cuaderno de inglés las actividades las puedes hallar en la página www.colombiaaprende.edu.co o

Los estudiantes podrán preguntar sobre la actividad por medio de el

Correo lino79.nlm@gmail.com o el WhatsApp 3206588809 para que la metodología sea más efectiva la recomendación es que esas dudas que los estudiantes tengan se responderán en el horario asignado a cada grado.

Evaluación

Evaluaciones tipo Saber ICFES, análisis y producción de textos, participación activa, trabajos grupales e individuales.

Actividades de refuerzo, pruebas orales y escritas, traducciones español _ inglés, inglés_ español.

Web grafía y/o Bibliografía

Libros way to go/teenagers y páginas web,

Unit 3

Taking Care of Myself and of Other People

Lesson 1 » Getting to Know Yourself

1. Read the e-mail about Cristal and answer the questions. Write full sentences.
 1. Why is Cristal stressed?
Her parents are getting divorced.
 2. Is she doing well at school?

 3. How does she feel?

 4. What are the symptoms of her stress?

 5. What can she do?

2. Write an email to Cristal giving her advice on how to deal with her stress. You can use the ideas in the Word Bank or your own ideas.

Compose Message

Send

From: cristal@sync.com

To: Helpmeplease@teenpsy.com

Subject: Unhappy family



I am so stressed! My parents are getting a divorce and I'm finishing school this year. I can't concentrate when I study and can never finish my homework. I feel too sad to motivate myself. I have a horrible feeling in my stomach all the time and I can't eat. I can't sleep well at night either. I need to pass all my exams. What can I do?

From: Helpmeplease@teenpsy.com

To: cristal@sync.com

Subject:

Dear Cristal,

I know your situation is difficult, but _____

Word Bank

- do exercise
- do something you enjoy
- meditate or pray
- organize time effectively
- spend time with people who have a positive attitude
- talk about your feelings with your parents or someone you trust

Lesson 2 » Getting on with Others

1. Answer the questions about yourself.
 1. How do you help your mother?

 2. What do you do to help in your house?

 3. How do you help your neighbours?

 4. Do you often help other people in your school?

 5. Do you help elderly people?

2. Read the text and answer the questions.
 1. Why are many old people lonely?

 2. In your own words, what is a retirement home?

 3. What is the new practice at some retirement homes?

 4. Why is it good for students to live with elderly people?

3. Answer the questions with your own ideas.
 1. How often do you visit your grandparents?

 2. What do you think of the ideas in the text?

 3. Where do you think elderly people should live?

Life



Helping the Elderly

Many old people are very lonely because they do not have families or their families do not keep in touch with them. This can cause them to get depressed. Nowadays, some elderly people live together in special places known as retirement homes or old people's homes. For this reason, a new practice to help elderly people in old people's homes is becoming very popular. For example, sometimes small children from kindergartens come to play with them for a few hours a day. This makes the old people very happy and, at the same time, the little children are happy to be the centre of attention. There is another option for students who need a place to live. As they are students they cannot pay

high rent so instead they volunteer to help elderly people: they cook for them, get them things from the supermarket, or simply keep them company in exchange for a place to live.

Lesson 3 » It's a Matter of Communication

1. Circle all the options which are NOT characteristics of assertive communication.
 1. Expressing what you need, want, feel or believe, in a respectful and positive way.
 2. Using aggressive or rude words.
 3. Being honest.
 4. Being calm.
 5. Not listening to the other person.
 6. Always saying 'yes' to the other person, even when you want to say 'no'.
2. Identify examples of assertive communication. Circle all the options.
 1. I'm sorry, but I can't do that. I don't think it is right.
 2. Hey loser, give me my book.
 3. Are you an idiot? Do I have to repeat the same thing again?
 4. Could you please open the window?
 5. Shut up! I'm talking!
 6. I don't want to go to your stupid party.



3. Write assertive alternatives to the sentences in exercise 2. Use the expressions in the box to help you.

Useful Expressions

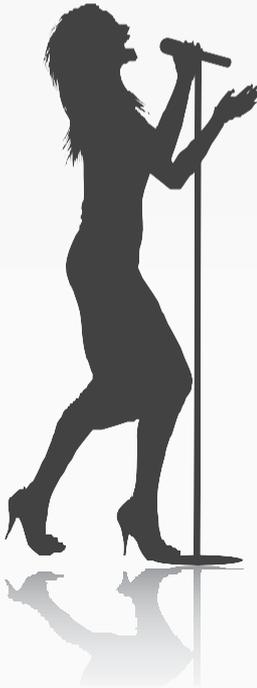


Excuse me, but ...
Could you please ...?
Sure ..., just a minute please.
Thank you very much/Thanks, but I'm afraid I can't...
I'm sorry but ...
I'd love to ..., but ...

A large rectangular box containing ten horizontal lines for writing.

Chant

I am goin to the park



*I am going to the park,
Do you want to come?
We can dance we can skip,
And have lots of fun.
We can go to the cinema,
Later in the day,
Or you can come to my house
And f d a game t o l a y.*

I am sorry, I would love to,
But I need to do some chores:
Do some cleaning and some cooking,
And go shopping at the stores!

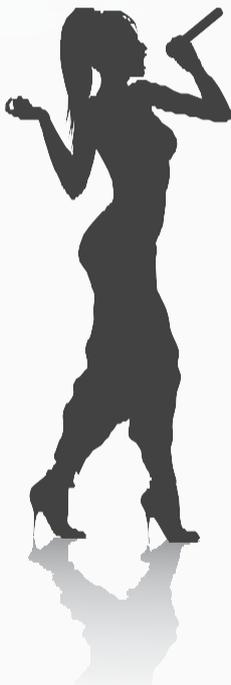
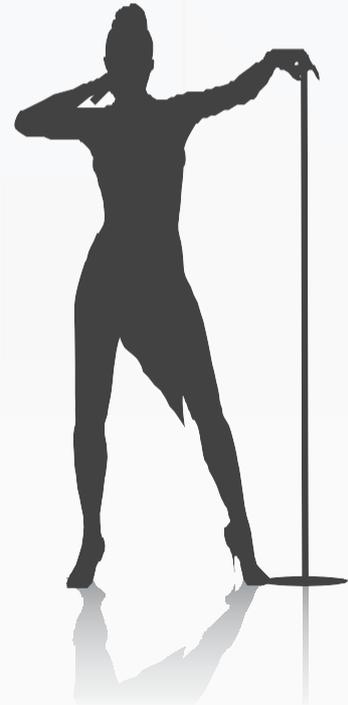
I need soap and shampoo,
And some dairy products, too.
I need pasta and some fish,
To make a yummy dish.

I am going to the park ...

I am sorry, I would love to,
But I'm going to the gym,
I really like skipping,
And I want to have a swim.

I like to exercise,
It's important to keep fit.
I also meditate,
And I try to never quit.

I am going to the park ...



Reading

1. Look at the chant and circle all the actions.

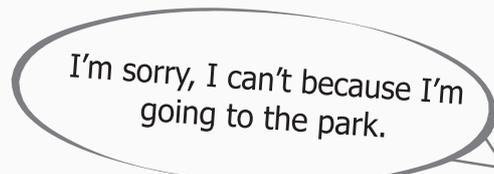
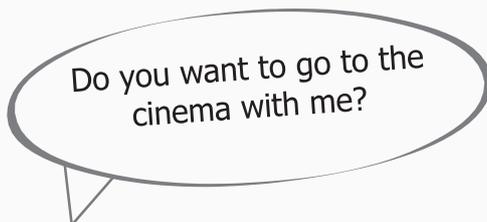
Speaking

2. What suggestions and excuses do the singers make? Put them in the table.

Suggestions	Excuses
We can dance and skip at the park.	

3. Work with a partner. Take turns to use the prompts and make suggestions and polite excuses.

I'm ..., do you want to come? Do you want to ... with me? Do you fancy....? Let's	I'm (really) sorry, I would love to, but ... I'm (really) sorry, I can't because ... I can't make it because ... I would love to, but I'm sorry.
--	--



- 1 go to the cinema/going to the park
- 2 go dancing/cooking a meal
- 3 come to my house/going shopping for dairy products
- 4 go to the gym/meditate
- 5 help me clean the house/go to the gym
- 6 go to the park/play the guitar
- 7 do some chores/need to buy some fish and eggs
- 8 play in a band/have a swim



Check Your Progress

Choose the correct option.

1. Which one is not a source of stress?
 - a. parents getting divorced
 - b. not having enough time
 - c. having highmarks
 - d. parents losing their jobs
2. Which one is not a symptom of stress?
 - a. horrible feeling in your stomach
 - b. sweaty hands
 - c. no appetite
 - d. sleeping well
3. Which one is not a possible help for stress?
 - a. meditating
 - b. praying
 - c. thinking about the problem
 - d. appreciating nature
4. Which one is a way to care for other people?
 - a. forgetting their birthday
 - b. keeping in touch
 - c. not sharing time with them
 - d. not listening to them
5. Which one is an example of assertive communication?
 - a. Hey! Close the door!
 - b. Shut up!
 - c. Could you help me, please?
 - d. I can't, I'm busy.
6. Which one can be an assertive response to: 'Shutup!?'
 - a. Close your mouth!
 - b. Can you please be quiet?
 - c. Please, shutup!
 - d. Silence
7. Which one can be an assertive response for: 'I can't, I'm busy'?
 - a. Forget it!
 - b. No.
 - c. I'm sorry, but I can't. I have to help my mum.
 - d. No way!
8. Choose an assertive negative response to an invitation to the cinema.
 - a. No way!
 - b. No, I can't.
 - c. Thanks, but I'm afraid I can't.
 - d. Are you crazy?
9. Which one is NOT a compliment?
 - a. You can do it better.
 - b. You are so smart.
 - c. I love the way you dance.
 - d. You're so good at painting.
10. 'You are one of a kind' is _____.

a. an invitation.	b. an excuse.
c. an insult.	d. a compliment.

		Very well	Quite well	With difficulty
Vocabulary	I can identify vocabulary related to state of health. I can identify vocabulary related to beliefs and emotions.			
Grammar	I can use assertive language.			
Reading	I can understand short texts about taking care of others.			
Writing	I can write short paragraphs about helping others.			
Listening	I can identify information in short conversations about stressful situations and helping other people.			
Speaking	I can talk about ways to help others.			

Unit » I

Let the Games Begin!

Lesson 1 » On Your Marks!

1. Complete the sentences with the correct adjective. Then find the adjectives in the Wordsquare.

- I'm tired because we had a hard training session this morning.
- Peter is really motivated to try his hardest in the tennis match.
- Maria is excited to be playing her first game on the basketball team.
- I'm a little concerned. Today, we are playing the best team in the contest.
- Nubia is nervous because she didn't score a goal this time.
- The Redsocks football team is really happy. They won the championship!
- The New Jersey Cats are sad. They lost the game!
- Jaime and Tim are bored because it is raining and the game has been postponed.
- She is glad because she won her volleyball game.
- We are sorry because we are losing the game.

W	Q	W	D	A	S	D	Y	O	G
C	M	D	E	B	O	R	E	D	C
X	B	E	T	D	D	F	E	F	D
T	K	T	N	E	E	H	X	I	V
I	V	H	I	T	R	A	Y	F	S
R	W	G	O	A	A	P	O	J	I
E	G	I	P	V	C	P	T	J	V
D	Y	L	P	I	S	Y	Y	F	X
U	Z	E	A	T	Y	R	G	N	A
I	H	D	S	O	Z	S	L	C	K
O	A	Z	I	M	W	V	H	Q	P
V	F	H	D	E	T	I	C	X	E

2. How do these people feel? Write words from exercise 1 under the photos.



1

bored



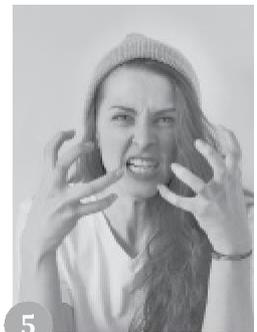
2



3



4



5

Lesson 2 » Fair Play

1. Read the biography and complete the summary.

Life

Zahra Nemati is a 31-year-old Iranian woman who practised Taekwondo and dreamed of competing in the Olympics, but in 2003 she was in a serious car accident and was left paralyzed. She couldn't stand, she couldn't jump and she couldn't practise taekwondo anymore. This made her feel both sad and disappointed because she couldn't continue to practise the sport she loved.

But, like many athletes, Zahra had plenty of motivation and decided to try a sport she could do in a wheelchair – she began to practise archery. Now, determined more than ever to compete at the Olympics, Zahra trained every day and was selected to represent Iran at the 2012 London Paralympics. There she became the first Iranian woman to win a Paralympic gold medal.

In 2016 Zahra carried her country's flag at the Brazilian Paralympics in recognition of her incredible achievements. As she led the Iranian team into the Paralympic stadium everyone could see the excitement and happiness in her face.

Zahra Nemati really is an amazing person and an inspiration to the rest of us.



Zahra is an Iranian sportsperson who was ¹ paralyzed in a car accident. She was very sad after the accident, especially as she could no longer ² _____ Taekwondo. However, Zahra is a very ³ _____ woman, so she soon decided to start a new sport – archery.

At the 2012 London Paralympics she won a ⁴ _____ in archery and at the 2016 Brazilian Paralympics she was chosen to ⁵ _____ her country's flag at the opening ceremony. This made her feel ⁶ _____ and excited. What an inspirational woman!

2. Choose the correct option.

1. **Motivation** / **Motivated** really helps people succeed. To feel **motivation** / **motivated** you need to set realistic goals.
2. When some people feel **irritation** / **irritated**, they find it hard to hide their **irritation** / **irritated**.
3. Sometimes when my football team loses I get **angry** / **anger**. My **angry** / **anger** doesn't last for long, because I know they tried their best.

3. Complete the sentences about yourself.

1. The last time I felt sad was _____.
2. When I _____ I couldn't hide my excitement.
3. I was concerned when _____.
4. _____ really motivates me.

Lesson 3 » We Are the Champions!

1. Complete the text with *was/wasn't* or *were/weren't*.

My Blog!



There used to be a lot of bullying at my school and nothing ¹ *was* done to stop it. I used to have only one friend at school, Simon, and we ² _____ bullied a lot. I ³ _____ so scared that I never played football at lunch times and some days I ⁴ _____ able to go to the toilet by myself. It ⁵ _____ really bad!

Then, one day our school introduced this amazing new bullying prevention program called KiVa. It ⁶ _____ developed in Finland by expert psychologists. The results from their research showed that most bullies behaved badly to get attention from the people watching, who in most cases, ⁷ _____ helping the victims, but ⁸ _____ making the problem worse by laughing and encouraging the bully. So we ⁹ _____ given KiVa classes where we ¹⁰ _____ shown how to be more empathetic and given strategies and ideas about how to stop bullying. KiVa doesn't focus on the victim, or the bully, but instead it empowers the person watching so they can stop bullies.

Now I am really happy. Ignoring or laughing at bullying is no longer accepted at my school. Last month I ¹¹ _____ being bullied by another student and three classmates stopped him. With their support, he ¹² _____ allowed to continue bullying me. It's great, I don't feel scared, so I'm happy at school.

2. Use the words in the box to complete the letter from a coach to his team.

dedication
energetic
hard work
success
teamwork

Hi Team,

First of all I want to congratulate you all on winning the Peterson's Basketball Trophy last night. What an ¹ *energetic* game!

I admired the way you played together and showed great ² _____.

It has been twelve long months of training. Thank you for your ³ _____, not everyone can show that much commitment.

And of course I really appreciate all your ⁴ _____. It hasn't been easy, but as I am sure you will all agree, it was the main reason for your ⁵ _____ last night.

Coach Pedro Ramirez

3. Imagine you are the coach of a football team that won a hard game last night. Write a letter congratulating the players. Use the expressions in the box to help you.



Useful Expressions

Thank you for ...
I admire ...
I appreciate your ...
I respect ...
I think that you are ...

Check Your Progress

Choose the correct option.

1. I am really ___ because the game was long and hard.
 - a. motivated
 - b. tired
 - c. bored
 - d. happy
2. We should all be ___ about bullying.
 - a. concern
 - b. concerned
 - c. happy
 - d. happiness
3. She ___ at all motivated, but she still won the game.
 - a. was
 - b. wasn't
 - c. were
 - d. weren't
4. They were ___ because they lost the game.
 - a. delighted
 - b. motivated
 - c. disappointed
 - d. excited
5. Hard work, determination and motivation are the keys to ___.
 - a. success
 - b. responsible
 - c. honesty
 - d. irritation
6. Which is not a good value?
 - a. teamwork
 - b. respect
 - c. aggressiveness
 - d. honesty
7. We are ___ because it is raining and we have nothing to do.
 - a. bored
 - b. excited
 - c. happy
 - d. delighted
8. She was ___ because her basketball team won.
 - a. delighted
 - b. disappointed
 - c. scared
 - d. bored
9. They ___ excited to be playing in the finals for the first time.
 - a. was
 - b. wasn't
 - c. were
 - d. weren't
10. When playing a sport in a team, ___ is important.
 - a. sadness
 - b. fear
 - c. concern
 - d. respect

		Very well	Quite well	With difficulty
Vocabulary	I can understand vocabulary related to feelings, emotions and social values.			
Grammar	I can use the past tense to talk about situations in the past.			
Reading	I can understand texts about feelings, emotions and social values.			
Writing	I can write about feelings, emotions and social values.			
Listening	I can understand conversations about feelings, emotions and social values.			
Speaking	I can speak about feelings, emotions and social values.			

Unit 2

Tell Your Story

Lesson 1 » School Trips



1. Complete the sentences with the past tense of the verbs.

- It ¹ *was* (be) about a man who ² _____ (climb) Mount Everest, but really nothing ³ _____ (happen) in the film.
- I ⁴ _____ (want) to learn how to make wood boxes, but all we ⁵ _____ (make) were signs with our names on them.
- We ⁶ _____ (visit) the castle and ⁷ _____ (swim) in the ocean. At night we ⁸ _____ (eat) delicious seafood in the old walled city.
- We ⁹ _____ (see) lots of fish and I ¹⁰ _____ (take) lots of photos of sharks and strange sea animals.

2. Match the speakers to the sentences in exercise 1.

The trip to Cartagena was fantastic. 3

Andres

Our school trip to the aquarium was awesome. _____

Jaime

Last night I went to the cinema, but the film was boring. _____

Sara

The arts workshop I took last weekend was terrible. _____

Natalia

3. Now match the speakers to the photos.

A. Sara

C. _____

B. _____

D. _____

4. Use the information from exercises 1 and 2 to answer the questions.

1. Where did Andres go?

2. What did he think of the trip?

3. What did Sara think of the film?

4. Where did Jaime go?

5. What did he do there?

6. What did Natalia think about the arts workshop?

Lesson 2 » Amazing People

1. Complete the biography of Rosa Parks with the past tense form of the verbs from the box.

arrest attend be(x2) die give have leave live receive refuse start

Rosa Parks¹ was an incredible African-American civil rights activist who² _____ born in Alabama, USA in 1913. Rosa³ _____ school but stopped studying as a young teenager to look after her grandmother. As a child Rosa experienced discrimination because of her skin colour and⁴ _____ in constant fear of terrible groups like the Klu Klux Klan.



At the time, laws in America were very racist and black people⁵ _____ to sit in separate areas on buses away from white people. On December 1, 1955, Rosa⁶ _____ to give up her seat to a white man. The police⁷ _____ Rosa for civil disobedience and fined her \$10. Her arrest⁸ _____ one of the largest and most successful movements against racial segregation in history and⁹ _____ her an iconic status in American culture.

Over the years, Rosa¹⁰ _____ many awards for her activism, including the prestigious Martin Luther King Jr. award and the Presidential Medal of Freedom. Rosa¹¹ _____ in 2005, but¹² _____ us with this message: 'I believe we are here on the planet Earth to live, grow up and do what we can to make this world a better place for all people to enjoy freedom.'

2. Use the information in the text to answer the questions. Write full sentences.

Yes/No Questions

1. Was Rosa Parks a white civil rights activist?

No, she wasn't. She was an African-American civil rights activist.

2. Did Rosa Parks have an easy childhood?

3. Was Rosa Parks arrested in 1913?

4. Was the movement against racial segregation successful?

Wh- Questions

5. When was Rosa Parks born?

She was born in 1913.

6. Why was Rosa Parks arrested?

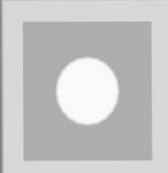
7. When did Rosa Parks die?

8. What did Rosa Parks leave us with?

Lesson 3 » This Is My Story

1. Read the blog and match the activities with the photos.

Carolina's Travel Blog



Name: Carolina G.

Date of birth: 8 June, 2001

From: Bogotá, Colombia

Holiday Destination: San Gil, Colombia





Last week we went to San Gil in Santander, Colombia and we had an awesome time. We stayed at the hotel 'Balcony on the River' which was fine. It wasn't the best hotel I have stayed at, but I liked it. On Monday I went white water rafting (¹ _____) and it was fantastic. We were tired after that, so in the afternoon we slept in a hammock.

On Tuesday we visited the *Parque Gallineral*. The trees that we saw there were incredible. We sat under them and meditated (² _____). It was such a wonderful feeling to be connected to nature.

Wednesday was our last day, so we relaxed and walked around the city. We went to the square and ate goat meat in a beautiful restaurant (³ _____).

I definitely recommend San Gil to anyone who loves nature and wants to have a relaxing holiday away from the busy city.

   48 people reacted to this.

2. Read the answers and then complete the questions. Use the blog entry from exercise 1 to help you.

1. Where did Carolina _____ last week?
She went to San Gil.
2. What _____ Carolina _____ on Monday?
She went white water rafting.
3. Where _____?
She meditated under a tree.
4. What _____ on Wednesday?
She ate goat meat.

3. Write a message for Carolina on her blog.

Leave Carolina a MESSAGE

Jorge_2002 commented:
San Gil is a terrific place! I was there last year and I really loved it. Hey did you go to the caves near San Gil? They're awesome!

Check Your Progress

Choose the correct option.

1. My trip to Santa Marta was awesome.
 - a. I really enjoys swimming in the ocean.
 - b. I really enjoying swimming in the ocean.
 - c. I really enjoyable swimming in the ocean.
 - d. I really enjoyed swimming in the ocean.
2. What did he think about the city?
 - a. He thought it was awesome.
 - b. He think it was awesome.
 - c. He thinking it was awesome.
 - d. He has think it was awesome.
3. When ___ Rosa born?
 - a. is b. was c. does d. did
4. I didn't like the museum. It was ____.
 - a. awesome c. incredible
 - b. terrible d. terrific
5. We ___ the tallest building in Bogota yesterday.
 - a. visit b. visits c. visited d. visiting
6. He went to Paris.
 - a. Where did he go last week?
 - b. Where did he goes last week?
 - c. Where does he go last week?
 - d. Where does he goes last week?
7. Did Andres go to Putumayo last year?
 - a. Yes, he was. c. No, he did.
 - b. No, he wasn't. d. Yes, he did.
8. ___ Rosa Parks an activist?
 - a. Does b. Did c. Is d. Was
9. I ___ lots of photos on my trip last month.
 - a. take b. taken c. took d. taking
10. I loved the movie. It was ____.
 - a. disgusting c. tired
 - b. terrible d. fantastic

		Very well	Quite well	With difficulty
Vocabulary	I can understand vocabulary related to past experiences and the life of others.			
Grammar	I can use the past tense to talk about past experiences and the life of others.			
Reading	I can understand texts about past experiences and the life of others.			
Writing	I can write about past experiences and the life of others.			
Listening	I can understand conversations about past experiences and the life of others.			
Speaking	I can speak about past experiences and the life of others.			

Unit 3

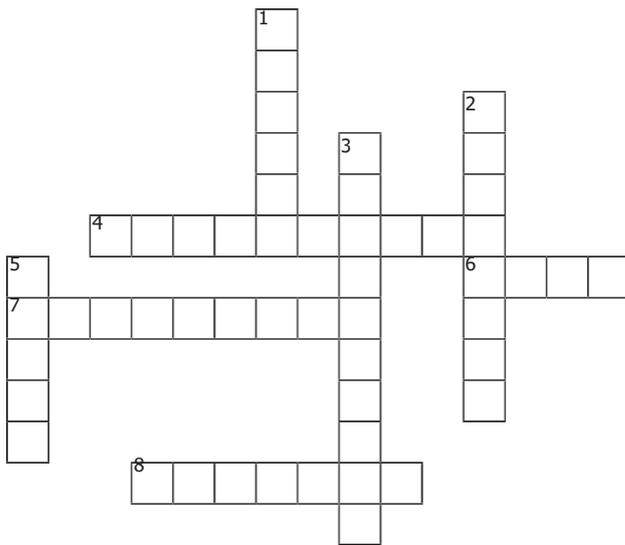
No Bullying Allowed

Word Bank

- aggressive
- bossy
- helpful
- offensive
- polite
- respectful
- rude
- tolerant

Lesson 1 » Class President

1. Complete the crossword with the words from the Word Bank.



Across

- 4. ready to fight or use force
- 6. not showing good manners; opposite of 1 down
- 7. making someone feel sad, insulted or annoyed
- 8. assisting someone when they need it

Down

- 1. showing good manners; the opposite of 6 across
- 2. the ability to accept different opinions
- 3. showing that you think someone deserves kind and polite treatment
- 5. giving orders telling people what to do

2. Are these words positive or negative? Write sentences with *should* or *shouldn't*.

- 1. offensive: negative You shouldn't be offensive.
- 2. aggressive: _____
- 3. helpful: _____
- 4. bossy: _____
- 5. polite: _____
- 6. respectful: _____
- 7. rude: _____
- 8. tolerant: _____

3. Complete the text about school rules with *have to* or *don't have to*.

Here at Mount View High School students ¹have to wear a uniform, but they ²_____ wear a tie. If students are late or absent, they ³_____ have a note from their parents explaining why, but they ⁴_____ have a medical certificate.

Another important rule is that students ⁵_____ be polite and respectful to teachers and other students. They also ⁶_____ be tolerant of the different needs and opinions of other students. Students shouldn't accept bullying of any type, either verbal or physical.

Lesson 2 » Don't Be a Bully!

1. Complete the students' statements about bullying at school. Use the expressions in the box to help you. Then complete the headings A– with the type of bullying; *physical bullying*, *bullying because of prejudice* or *verbal bullying*.

annoying me
exclude me from
laugh at me
offensive and hurtful
push me about
tolerant and respectful



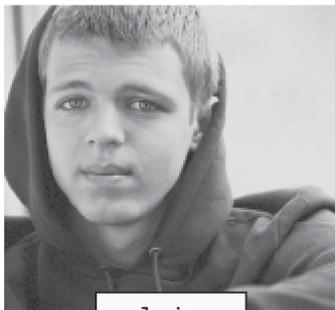
Jackson

A Type of Bullying:

Things at school are really bad. The other students ¹*exclude me from* playing football at lunch times. I know it's because of my skin colour because they tell me that I look like the lady who cleans their houses. They're really offensive. I wish people would be more ²_____ They make me feel really bad.

B Type of Bullying:

I don't know what to do. There is a group of boys who ³_____ at lunch times. When I tell them to stop, they just ⁴_____ and hit me harder. I tried talking to a teacher, but nothing happened. I don't want to go to school anymore.



Javier

C Type of Bullying:

There are two girls who won't stop ⁵_____. At school they laugh at me and call me names. I know I should just ignore them, but it's getting worse because they are writing ⁶_____ messages on social media about me. I can't escape them. They bully me at school and now they're bullying me at home. Sometimes I just want to disappear.



Laura

3. Complete the apologies the bullies wrote to Jackson, Javier and Laura.

1. Hi Jackson. I didn't mean to ¹*exclude you* and ²_____.
I was wrong to treat you like that. I'm really sorry!
2. Hello Javier. I'm sorry for ³_____ and ⁴_____.
Can you please forgive me?
3. Hey Laura. It wasn't my intention to ⁵_____ and ⁶_____.
about you. I didn't think about how it would make you feel. I apologize.

Lesson 3 » Let's Unite Against Bullying!

1. Read the article about what to do if you are being bullied and answer the questions below.

Standing Up To Bullies

Being bullied can be a horrible time in a teenager's life. That's why it is important to learn how to stand up to bullies and stop them before things get out of control.

The first thing you should do is try to solve the problem yourself. If this doesn't work, then you

should talk to someone else like a parent, teacher, or a friend. You shouldn't have to face bullying alone.

It's important to know that bullies want you to react. They love making you sad, angry or scared. So the best way to stop them is by not giving them the reaction they want.

Different strategies to stop a bully include:

- Walking away when a bully approaches you.
- Ignoring them by thinking about something else.
- Giving a one-line response and then walking away.

Some one-line responses include:

- 'Whatever!'
- 'Do you feel better now?'
- 'Why are you talking to me?'



Remember, when you walk away calmly, you take the power away from the bully.

Finally, if you have tried to solve the problem yourself and the bully continues to annoy you, then you should definitely tell an adult.

Talking to a parent or a teacher will not only help you solve the problem, but it will also help you feel less afraid.

Be confident, be positive, be strong and things will get better!

1. What is the first thing you should do if you are being bullied?

Try to solve the problem yourself.

2. What do bullies want to achieve?

3. What is one way to stop a bully?

2. Your friend is being bullied at school. Write some suggestions to help him/her stop the bullying.

1. You should walk away when the bully approaches.

2. _____

4. What can you achieve by walking away calmly?

5. If you can't solve problem out by yourself, what should you do?

3. _____

4. _____

