

## Bullying worksheet A

### Read the article and answer the questions.

What are the three kinds of bullying? Is one type more serious than another?

Why do people bully?

What did you learn from the text that was interesting? Which information surprised you?

## READING A: Bullies

A bully is someone who hurts others. Bullies usually hurt the same person, again and again, on purpose. There is no typical bully. Bullies can be boys, girls or adults.

There are three kinds of bullying. Young bullies usually use words (verbal bullying). They call people ugly names and tease their victims. Older bullies often use physical bullying – they hit, push, kick and so on. Teenagers often use the third kind, called emotional bullying. This means that bullies don't touch the other person but they play with people's feelings. For example, bullies spread false rumours about someone in class. They ignore people or laugh at them behind their back to make the victims feel like they don't belong to the group. Or they may use cyberbullying, which is becoming more and more common. For example, they post photos on the internet.

Let's be clear about three things: (1) bullying is not 'normal' – it's not a part of growing up; (2) one type of bullying is not better than another – bullying is bullying; and (3) all bullying is wrong.

Here are some reasons why people bully:

- They don't feel very important. Bullying makes them feel more important.
- They have no friends and feel lonely. Many bullies don't know how to make friends because no one taught them how.
- They feel bad about themselves. They want to make other people feel bad too.
- They are victims of bullying at home or outside school. Many bullies are bullied.
- They are angry people. When they bully, they let out their anger.
- They need attention. Sometimes they don't get much attention at home – or people only pay attention to them when they are bad.
- They don't think about people's feelings.

Bullies are not born that way. They learn the habit. They are often sad, angry and lonely people.