



Fichier péda

BULLIES AND BULLIED. BOOK PAGE 144 Séquence 10

Représentation de soi

<https://manuelnumeriquemax.belin.education/anglais-seconde/chapter/ang2-chap10>

Look at the picture page 144

bully

Try and give a definition of this word

Describe the picture. Imagine the reason for taking this picture.

Brainstorming



Divide the page in two

On the left of this drawing, write all the words linked to a bully(violent, mean...)

On the right, all the words linked to the victim(scared, hurt...)

In between the two people, write all the words linked to their interaction(hit, slap, threaten...)

Make sentences.

Improvise a dialogue between a bully and a victim.

Choose a situation/place / reason for a verbal/physical fight....

This is a French video

Talk about it in English, in groups. Take notes when you watch it(names/situations)

<https://www.youtube.com/watch?v=wN3E4e4ERw0&t=4s>

.....  
Homework : Watch this scene from the film WONDER

<https://www.youtube.com/watch?v=ceWNY5eNSWY>

Put subtitles in English (CC on the right)

Write the names of his school friends. Who is nice, who is mean.

What does the mean pupil say or do? Describe the whole scene.

You described the picture page 144 during the last lesson. Can you Imagine the reason for taking this picture?

Work in groups: Each group works on one question : WHAT? WHY? What can we do?

« What? ». Say what type of behaviour is associated to bullying.

WHY? « Why do you think there are bullies? » Ou « Why do people bully others? »

« What do you think we can do against bullying? ».

Draw a victim and a bully. You can write words in between them, around them. You can draw more people or objects and write more words.

Talk in groups

Where does bullying happen? What is the aim of bullying? Give examples of bullying(verbs/actions).

Talk about bullies, what problems can they have? How can you prevent a bully from harming other people?

What has to be done to stop people from bullying others?

Bullying is a phenomenon which has been occurring in many schools all over the world. The aim of a bully is to hurt physically, verbally or socially his or her victims. Among bullying behaviours, one can mention name-calling, teasing, spreading rumours/spreading nasty gossip and lies, pushing and shoving, hitting and kicking, and especially online bullying. As surprising as it may seem at first, bullies are very often victims too: they might be former victims, many have dysfunctional families, suffer from low self-esteem or have lost a beloved one. To prevent bullying, first of all we have to understand the reason why bullies bully. Besides, we need to create a safe environment where diversity is accepted. Moreover, we have to help the victims gain self-confidence again. Last but not least, when we witness bullying, we have to intervene to stop it. Every and any little action matters !

## What is bullying?

### Bullying defined

Bullying is a repeated aggressive behaviour where one person (or group of people) in a position of power deliberately intimidates, abuses, or coerces an individual with the intention to hurt that person physically or emotionally. Acts of bullying can be physical or verbal. Many young people can be unkind to each other during adolescence as they refine social skills and grow into adults. While these interactions are unpleasant, there is a clear line between conflict and bullying. Incidents of bullying must include all 3 of these characteristics:

- 1) Intentional- the behaviour was aggressive and a deliberate attempt to hurt another person
- 2) Repeated- these aggressive actions occur repeatedly over time to the same person or group of people
- 3) Power imbalance- the person bullying has more physical or social power than the child or children being bullied

Bullying almost always takes an emotional toll upon the child being bullied, but the actions that constitute bullying vary. There are four types of bullying, which can occur separately or simultaneously:

- 1) Physical bullying such as kicking or pushing
- 2) Verbal bullying such as name-calling or yelling
- 3) Relational bullying such as excluding or rumour-spreading
- 4) Cyberbullying which involves sending hurtful messages over digital devices like computers and cell phones.

[Cyberbullying](#) continues to increase as digital media become more prevalent in the social culture of children and teens.

### **The roles youth play**

Situations involving bullying are often more complex than they seem. Three widely recognized roles in bullying situations are **victim**, **bully**, and **bystander**. However, bullying situations are rarely simple. Youth who are victims of bullying may also act as bullies under some circumstances.

Youth bystanders can either exacerbate a bullying situation, or intervene to stop it. Bystanders who make the bullying worse do so by either participating in the bullying themselves or providing the bully with an encouraging audience. [Helpful bystanders](#), on the other hand, stand up for the victim when they see bullying occur, or get someone else who can help.

Be cautious about labelling. While we use the terms “victim,” “bully,” and “bystander” to refer to the roles that youth can play, it is important to consider the impact that these labels can have on young people’s identities. Many researchers and educators believe that such labelling sends a message that the bullying behaviour cannot change. There are many factors that might influence a youth’s behaviour, such as the youth’s peers, family situation, and school climate. While we use the terms victim, bully, and bystander throughout this site for simplicity, we believe it is better to focus on the bullying behaviours, rather than the labels.

### **Who is at risk?**

All young people are in danger of being bullied at some point during their adolescence—but there are certain populations at greater risk. Depending on the environment, some groups—such as youth who are perceived as lesbian, gay, bisexual, or transgendered, youth with disabilities, and socially isolated youth—may be more likely to be bullied.

### **What are the results?**

The effects of bullying involve both the bully and the victim. Youth who are bullied are more likely to suffer from the following:

- Depression, anxiety, eating disorders, and thoughts of suicide
- Health issues like headaches, sleep problems, abdominal pain, bed-wetting, and fatigue
- Academic issues including poor attendance, low test scores, and increased dropout rates

Youth who bully:

- Are at greater risk of smoking tobacco and drinking alcohol
- Perform poorly in school and have a poor perception of school environment
- Are more likely to become involved in criminal activity and to experience psychiatric disorders



**Fill-in the blanks with these words**    **joke**    **\*avoid**    **\* funny**    **\* call**    **\* drop out**    **\***

Some bullies think that what they are doing is a .....but in reality the bullied person is suffering. That isn't ....., nobody should hurt people intentionally. This can affect somebody all his life and can cause a depression.

Some teenagers who are bullied .....going to school.

They.....from school because they don't want to face their bullies anymore.

They don't like it when classmates .....them names because they are different.

Find all the NEGATIVE verbs or actions that harm other people on page 146.

Call names

Teasing

Spreading rumours and lies

Pushing and shoving

Hitting and kicking

Online bullying

Force someone to act as a servant

Correction : Talk about the video that you have watched this week-end.

<https://www.youtube.com/watch?v=ceWNY5eNSWY>

.....

Homework: Entraînez-vous à la prononciation des mots du chapitre :

[https://manuelnumeriquemax.belin.education/anglais-seconde/topics/ang2-chap10-153-a\\_soundtube-les-lettres-silencieuses#ang2-chap10-153-02](https://manuelnumeriquemax.belin.education/anglais-seconde/topics/ang2-chap10-153-a_soundtube-les-lettres-silencieuses#ang2-chap10-153-02)

Et [https://manuelnumeriquemax.belin.education/anglais-seconde/topics/ang2-chap10-153-a\\_soundtube-les-lettres-silencieuses#ang2-chap10-153-03](https://manuelnumeriquemax.belin.education/anglais-seconde/topics/ang2-chap10-153-a_soundtube-les-lettres-silencieuses#ang2-chap10-153-03)

Choose three films where people are bullied from this list(or choose other films). Talk about the story and say how the person is bullied. Write the date and do this work in your copy-book.You can use a bit Deepl.

<https://www.imdb.com/>  
<https://www.yourtango.com/2019323179/10-best-movies-about-bullying-and-where-to-watch-them>

Group work. When you watch a scene, say who is bullied? Why? What can you say about the bullies? What do they do to scare or intimidate their victim?(use different verbs). What would you like to do to help the victim?

About a boy (0:25 - 0:50 minutes) <https://www.youtube.com/watch?v=ONHs2T5gFiE>

The life of Pi <https://www.youtube.com/watch?v=5r--QRjAM0U>

Forrest Gump bullying scene <https://www.youtube.com/watch?v=CYHd3VpSWMo>

The Devil wears Prada:trailer [https://www.youtube.com/watch?v=LG0xYJJbko8&feature=emb\\_logo](https://www.youtube.com/watch?v=LG0xYJJbko8&feature=emb_logo)

Most difficult moments <https://www.youtube.com/watch?v=97XCFu-4RH8>

The Greatest showman

Watch the video : THIS IS ME

<https://www.youtube.com/watch?v=IRyMoHJu-i8>

Complete the photocopy.

## Lyrics

I am not a stranger to the dark  
Hide away, they say  
'Cause we don't want your broken parts  
I've learned to be ashamed of all my scars  
Run away, they say  
No one'll love you as you are  
But I won't let them break me down to dust  
I know that there's a place for us  
For we are glorious  
When the sharpest words wanna cut me down  
I'm gonna send a flood, gonna drown 'em out  
I am brave, I am bruised  
I am who I'm meant to be, this is me  
Look out 'cause here I come  
And I'm marching on to the beat I drum  
I'm not scared to be seen  
I make no apologies, this is me

Oh-oh-oh-oh  
Oh-oh-oh, oh-oh-oh, oh-oh-oh, oh, oh  
Another round of bullets hits my skin  
Well, fire away 'cause today, I won't let the shame sink in  
We are bursting through the barricades and  
Reaching for the sun (we are warriors)  
Yeah, that's what we've become (yeah, that's what we've become)  
I won't let them break me down to dust  
I know that there's a place for us  
For we are glorious  
When the sharpest words wanna cut me down  
I'm gonna send a flood, gonna drown 'em out  
I am brave, I am bruised  
I am who I'm meant to be, this is me  
Look out 'cause here I come  
And I'm marching on to the beat I drum  
I'm not scared to be seen  
I make no apologies, this is me

Oh-oh-oh-oh

Oh-oh-oh, oh-oh-oh, oh-oh-oh, oh, oh  
This is me

And I know that I deserve your love  
(Oh-oh-oh-oh) There's nothing I'm not worthy of  
(Oh-oh-oh, oh-oh-oh, oh-oh-oh, oh, oh)  
When the sharpest words wanna cut me down  
I'm gonna send a flood, gonna drown 'em out  
This is brave, this is bruised  
This is who I'm meant to be, this is me

Look out 'cause here I come (look out 'cause here I come)  
And I'm marching on to the beat I drum (marching on, marching, marching on)  
I'm not scared to be seen  
I make no apologies, this is me

### Some vocabulary about PAIN:

PAIN: douleur

It hurts: ça fait mal

Injury : blessure

Have a stomach ache/head ache/ ear ache/ back ache/ tooth ache

I am in pain(j'ai mal)

I can't stand the pain= je ne supporte pas la douleur

Hurt someone's feelings/ hurt someone physically

Harm someone

Damage something: abîmer quelque chose



**Bullying** is a problem that affects many young people. It still occurs in a lot of schools and the consequences for both the victim and the bully can be physically and mentally damaging.

**What?** The American CDC (Centers for Disease Control and Prevention) and Department of Education define bullying as involving the following three factors:  
 1. unwanted aggressive behavior  
 2. observed or perceived power imbalance  
 3. repetition of behaviors or high likelihood of repetition

A bully might use physical, verbal or social methods to hurt his or her victim.

**6 COMMON BULLYING BEHAVIORS**

Phone calling	Teasing	Spreading Rumors & Lies	Pushing & Shoving	Hitting & Kicking	Online Bullying
42.2%	43.3%	36.3%	32.4%	29.2%	9.9%

**Nothing new...**  
 In English public schools, young students were forced to act as servants to older pupils. This system, known as "fagging", led to some older students abusing their "fags" with beatings and other punishments.

**A WORD FROM ROALD DAHL.**  
 In his biography, *Boy*, the British author described his own experiences of fagging. He had to sit on freezing cold toilet seats to warm them for a senior student.  
 "I wiped the frost off the seat with my hands/feet. Once I lowered my trousers and sat down, I was there a full fifteen minutes in the freezing cold before Wilberforce arrived on the scene.  
 Wilberforce lowered his own trousers and sat down. "Very good," he said. "Very good indeed."  
 "Some fags have cold bottoms," he said, "and some have hot ones. I only got hot because I try to heat my legs up. I won't forget you."

**Why?** The "Ditch the Label" organization spoke to 8,000 people to ask whether they had ever bullied someone and, if so, why. Here are the most common factors.

- Stress and Trauma**  
Bullies are far more likely to have lived through a stressful or dramatic episode in the previous five years, like the death of a family member or parents' divorce.
- Low Self-Esteem**  
Bullies will mask their own insecurities, focusing instead on other people. The pressure to live up to high standards of beauty and fitness can make things worse.
- They've Been Bullied**  
Those who have been bullied are twice as likely to bully others. By bullying other students, some think they will not be bullied themselves, which can lead to a vicious cycle.
- Difficult Home Life**  
A third of children who regularly bully others say that they feel neglected and rejected by their parents/guardians, feeling they do not spend enough time together.

**What can we do?** There are a number of ways to prevent and stop bullying, but even small actions can make a difference. Here are a few ideas about how to help.

- Understand**  
Initiatives like the Australian STEPS program can help schools identify the problems causing bullying and choose actions to help.
- Come together**  
Inclusion programs aim to bring different types of students together and create an environment where these differences are accepted.
- Step up**  
Self-assertance training, for example on body language, can give victims the confidence to confront a bully, or the courage to ask for help.
- Step in**  
Intervention can make a big difference. A study showed that 57% of bullying cases stopped when another student stepped in.

Book page 147

Four problems often affect Bullies and push them to do evil things.

Talk in groups. What do you think is the most difficult problem to bear (supporter) and why.

You can choose 2 problems.

You may not agree (vous pouvez ne pas être d'accord).

WHAT CAN WE DO. Page 147

In groups, say which is the most effective way for you to stop bullying, say why. You may not agree.

You can choose two different ways if you want.

Feedback from the groupwork.

Group work. When you watch a scene, say who is bullied? Why? What can you say about the bullies? What do they do to scare or intimidate their victim? (use different verbs). What would you like to do to help the victim?

About a boy (0:25 - 0:50 minutes) <https://www.youtube.com/watch?v=ONHs2T5gFiE>

The life of Pi <https://www.youtube.com/watch?v=5r--QRjAM0U>



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Most difficult moments <https://www.youtube.com/watch?v=97XCFu-4RH8>

.....

Try and answer these questions orally in groups:

When you have finished, highlight the answers you didn't find in the photocopy.

REVISION BEFORE TEST: Where does bullying happen? What is the aim of bullying? Give examples of bullying(verbs/actions). Talk about bullies, what problems can they have? How can you prevent a bully from harming other people? What has to be done to stop people from bullying others?

Bullying is a phenomenon which has been occurring in many schools all over the world. The aim of a bully is to hurt physically, verbally or socially his or her victims. Among bullying behaviours, one can mention name-calling, teasing, spreading rumours/spreading nasty gossip and lies, pushing and shoving, hitting and kicking, and especially online bullying. As surprising as it may seem at first, bullies are very often victims too: they might be former victims, many have dysfunctional families, suffer from low self-esteem or have lost a beloved one. To prevent bullying, first of all we have to understand the reason why bullies bully. Besides, we need to create a safe environment where diversity is accepted. Moreover, we have to help the victims gain self-confidence again. Last but not least, when we witness bullying, we have to intervene to stop it. Every and any little action matters !

Copy vocab page 149 and listen/repeat

[https://manuelnumeriquemax.belin.education/anglais-seconde/topics/ang2-chap10-148-a\\_zoom-1-pain-matters#ang2-chap10-149-01](https://manuelnumeriquemax.belin.education/anglais-seconde/topics/ang2-chap10-148-a_zoom-1-pain-matters#ang2-chap10-149-01)

Homework: Read the list of phrasal verbs(verbes à particules...(ex: get up).

<https://www.skypeenglishclasses.com/english-phrasal-verbs/>

Choose 5 phrasal verbs you didn't know and make a sentence

.....

## Revision

### Work in groups, Fill in the blanks

past \* harm \* younger \* centuries \* hand \* humiliate \* friendship \* insecure

Let's say goodbye to bullying!

Complete the blanks with the words above.

Sometimes, we have to get rid of old acquaintances because they are noxious. Bullying is one of them. It has existed for..... In the old days, older students from very prestigious British public schools forced .....pupils to do the chores they did not want to do. It was called fagging. It is high time we said goodbye to bullying for good. Bullying should belong to the .....and to the past only. But what about teasing your friends or playground conflicts?

Well, they have nothing in common with bullying, which is meant to .....people, to make them suffer and to get control over them. Teasing people, on the other hand, helps us cope with criticisms in a fun way and is, very often, a sign of .....(as long as it is not meant to hurt the other!).

As for playground conflicts, they are inevitable but do not mean that one of the students involved wants to .....the other one. Moreover, a playground conflict does not last forever.

How can we say goodbye to bullies?

As strange as it may seem, you have to know that bullies have to be looked after! They bully because they have been bullied, because they are....., because they have low self-esteem, because they suffer, because they want to be among the popular kids, because it makes them exist...

So, let's wave bullying goodbye and offer a helping .....to bullied kids as well as to school bullies!

Correction: *Let's say goodbye to bullying!*

*Sometimes, we have to get rid of old acquaintances because they are noxious. Bullying is one of them. It has existed for centuries. In the old days, older students from very prestigious British public schools forced younger pupils to do the chores they did not want to do. It was called fagging. It is high time we said goodbye to bullying for good. Bullying should belong to the past and to the past only. But what about teasing your friends or playground conflicts?*

*Well, they have nothing in common with bullying, which is meant to harm people, to make them suffer and to get control over them. Teasing people, on the other hand, helps us cope with criticisms in a fun way and is, very often, a sign of friendship (as long as it is not meant to hurt the other!).*

*As for playground conflicts, they are inevitable but do not mean that one of the students involved wants to humiliate the other one. Moreover, a playground conflict does not last forever.*

*How can we say goodbye to bullies?*

*As strange as it may seem, you have to know that bullies have to be looked after! They bully because they have been bullied, because they are insecure, because they have low self-esteem, because they suffer, because they want to be among the popular kids, because it makes them exist...*

*So, let's wave bullying goodbye and offer a helping hand to bullied kids as well as to school bullies!*

Get into the spirit of 13 reasons why:

What do you know about American High School(revision)

What are American girls famous for before important American football matches or other sport events:

[https://www.youtube.com/watch?v=yWO\\_ZqMzqZQ](https://www.youtube.com/watch?v=yWO_ZqMzqZQ)

Important vote

In some American high schools, a vote is held in senior year about students' most distinctive traits. This list then gets published in the yearbook, and is often one of the most talked about sections.

Here are a few examples: *Life of the Party, Most Likely to Be President, Most Likely to Win the Lottery and lose the ticket, Most Likely to Be on a Reality Show, Most Likely to Win an Olympic Medal or a Nobel Prize, Best Sneeze, Most Environmentally Conscious, Most Likely to be Found Studying in the Library, Cutest Couple That Never Was, Worst Case of Senioritis, Best Bromance...*

Prom Queen qualities

[https://teens.lovetoknow.com/Prom\\_Queen](https://teens.lovetoknow.com/Prom_Queen)

What is a prom? Search Prom dresses and Prom party on google images.

Talk about the series: 13 reasons Why. Say why you liked it/didn't like it. Who are your favourite characters?

In groups.

Describe the picture page 148. Write down everybody's answers.

Read page 148. Answer the questions WHO/ WHERE/ WHAT/ WHY?

One person takes notes in each group.

# Pain matters

All connected, all concerned?

After being bullied at school, Hannah decides to commit suicide. Before dying, she sends a series of 13 tapes to a list of people on which she explains the reasons why she chose to end her life. Clay Jensen starts listening to these tapes, hearing Hannah's voice and reacting to her story...



**Cassette 1, Side B**

*Hannah*  
I'm sure you have no idea why you're on here, Alex. You probably think you did a good thing, right? You voted me Best Ass in the Freshman Class. How could anyone be angry at that?

But let me put it this way, I don't think my ass—as you call it—was the deciding factor. I think the deciding factor...was revenge.

But this tape is not about your motivation, Alex. Though that is coming up. This tape is about how people change when they see your name on a stupid list.

I just looked over every name—every story—that completes these tapes. And guess what. Every single event documented here may never have happened had you, Alex, not written my name on that list. It's that simple. You needed a name to put down opposite Jessica's. And since everyone at school already had a perverted image of me after Justin's little number, I was the perfect choice, wasn't I? And the snowball keeps a-rollin'. Thanks, Justin.

**13 REASONS WHY ▶**  
A NETFLIX ORIGINAL SERIES SOUNDTRACK

So to back up a bit, this tape isn't about why you did what you did, Alex. It's about the repercussions of what you did. More specifically, it's about the repercussions to me. It's about those things you didn't plan—things you couldn't plan."

*Clay*  
Alex's list was a joke. A bad one, true. But he had no idea it would affect her like this. This isn't fair. And what about me? What did I do? How will Hannah say that I scarred her? Because I have no idea. And after people hear about it, what are they going to think when they see me? Some of them, at least two of them, already know why I'm on here. Do they see me differently now? No. They can't. Because my name does not belong with theirs. I should not be on this list I'm sure of it. I did nothing wrong!"

Thirteen Reasons Why, novel by Jay Asher, 2007

## Look at the picture and react

- 1 Describe what you see. What do you think is on these tapes?
- 2 What can you guess about the boy's feelings?

## Read the extracts of the novel

- 1 Find all the information you can about the two characters speaking (name, actions and feelings).
- 2 Who are the other characters mentioned? What did they do?
- 3 Guess what happened after everyone read the list and listened to the tapes.

## TRAINING TASK

- Create a survey researching the existence of bullying at school. Run the survey in your class. Make it anonymous so that everyone feels comfortable expressing their opinion.

In the background, we can see a teenager with headphones on. He looks focused in the foreground, hiding a part of his face, we can see seven tapes showing a girl's face. The third case is open, it is as if she were trying to talk. Not only does the boy look focused but he also looks sad. He might be trying to understand everything he is listening to while being on the verge of tears. The main characters are Hannah Baker and Clay Jensen. Before killing herself, Hannah has sent tapes to her schoolmates to explain the reasons why she decided to commit suicide. She obviously seems to bear a grudge against them. Clay is at a loss. He does not understand why she is mad at him. He has no clue why he should feel guilty or what he should feel guilty about. He does not want his name to be tarnished. He thinks he has not done anything wrong. The other characters mentioned are Alex, Jessica and Justin. Alex voted Hannah best ass on a list of superlatives he and other students wrote when they were in their freshman year. Hannah was made fun of and looked down on because of this. She was seen as an easy girl. Jessica must have been one of Hannah's schoolmates. Justin must have been one of Hannah's schoolmates. He might have spread rumours about her, he might have posted something embarrassing about her. After everyone read the list and listened to the tapes, they must have talked about the people whose names were on the list and made fun of them/laughed at them. They must have gossiped about them and spread rumours. They must have started changing their opinions about the people who were on the list.

**HELP EVERYBODY**

HAVE YOU EVER WATCHED SOMEONE **BULLYING?**

DID YOU **STOP & STARE?** **GREAT BET THAT HELPED!!!**

*did you know*  
1 in 10 **STUDENTS**  
**DROP OUT OF SCHOOL**  
because of being **bullied?**

WHEN YOU SAY **NOTHING**  
YOU SAY IT'S **OKAY**

**NEXT TIME SPEAK UP! SILENCE HURTS**

Glenn Hart - Toronto, Ontario

**HELP**

**VOCAB**

**Nouns**

- a **buddy** un(e) pote
- a **nightmare** un cauchemar

**Adjectives**

- dumb stupide
- **loudly** à haute voix

**Verbs**

- to **avoid** [sth/sb] éviter [qqch/qqn]
- to be **afraid of** [sth/sb] avoir peur de [qqch/qqn]
- to bet parier
- to drop out of school abandonner ses études
- to fit in s'intégrer
- to hang out [with friends] traîner [avec des am(e)s]
- to numb **oneself** se rendre insensible
- to speak **up** prendre la parole
- to stare at [sth/sb] regarder fixement [qqch/qqn]
- to **upset** [sb] énerver, bouleverser [qqn]
- to walk **away from** [sth/sb] s'éloigner de [qqch/qqn]

**Other**

- (I) bet that [helped] Je parie que ça a [aidé]

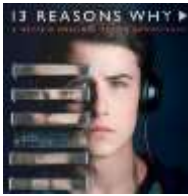
**SOUNDTUBE**

Les lettres silencieuses  
Le **b** après le **m** ne se prononce pas.  
I became numb to the pain.

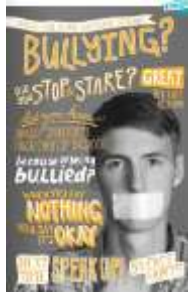
Zoom 2 page 150

The document is a website page (StompOutBullying.org) whose aim is to give Ø advice to people who are being bullied. It advises them on how to behave. Here is what they should or shouldn't do: Don't show the bullies you are scared. Don't get angry/upset. Don't be afraid of shouting "leave me alone". Try and say something funny/make a nice joke. Show them you are not afraid of looking them in the eye. Try and have a nice attitude towards them. Avoid the places your bully fancies. Avoid being alone/ on your own. Show them their remarks don't hurt you. Never carry too much money. Tell people you need help and let bullies know you won't remain silent. Some people bully others because they don't like them, because they think they are stupid, fat... They make fun of people's weight. It's called fat-shaming. They look down on/ despise the people they bully. They think that they deserve to be treated badly. Yet in fact they might be the ones who feel insecure, which explains why they ostracize and maybe even scapegoat people. Some bullies are former victims. Some come from dysfunctional families. Some are beaten (up) by their relatives. Some have very low self-esteem. After talking about bullies and bullied people, we realized that there are not only bullies and bullied people but also bystanders. The message of that poster is quite simple: dare to react when you see someone being bullied! Don't let anyone drop out of school because of bullying!





**ZOOM 1 page 148. Highlight all the names and personal pronouns. Talk about them.** In the background, we can see a teenager with headphones on. He looks focused in the foreground, hiding a part of his face, we can see seven tapes showing a girl's face. The third case is open, it is as if she were trying to talk. Not only does the boy look focused but he also looks sad. He might be trying to understand everything he is listening to while being on the verge of tears. The main characters are Hannah Baker and Clay Jensen. Before killing herself, Hannah has sent tapes to her schoolmates to explain the reasons why she decided to commit suicide. She obviously seems to bear a grudge against them. Clay is at a loss. He does not understand why she is mad at him. He has no clue why he should feel guilty or what he should feel guilty about. He does not want his name to be tarnished. He thinks he has not done anything wrong. The other characters mentioned are Alex, Jessica and Justin. Alex voted Hannah best ass on a list of superlatives he and other students wrote when they were in their freshman year. Hannah was made fun of and looked down on because of this. She was seen as an easy girl. Jessica must have been one of Hannah's schoolmates. Justin must have been one of Hannah's schoolmates. He might have spread rumours about her, he might have posted something embarrassing about her. After everyone read the list and listened to the tapes, they must have talked about the people whose names were on the list and made fun of them/laughed at them. They must have gossiped about them and spread rumours. They must have started changing their opinions about the people who were on the list. // **Say what you think about this text in groups then write a few lines.**



**Zoom 2 page 150: Highlight all the verbs used here to give advice:** The document is a website page (StompOutBullying.org) whose aim is to give Ø advice to people who are being bullied. It advises them on how to behave. Here is what they should or shouldn't do: Don't show the bullies you are scared. Don't get angry/upset. Don't be afraid of shouting "leave me alone". Try and say something funny/make a nice joke. Show them you are not afraid of looking them in the eye. Try and have a nice attitude towards them. Avoid the places your bully fancies. Avoid being alone/ on your own. Show them their remarks don't hurt you. Never carry too much money. Tell people you need help and let bullies know you won't remain silent.

**Highlight all the words that are negative (like bad/horrible/ugly):** Some people bully others because they don't like them, because they think they are stupid, fat... They make fun of people's weight. It's called fat-shaming. They look down on/ despise the people they bully. They think that they deserve to be treated badly. Yet in fact they might be the ones who feel insecure, which explains why they ostracize and maybe even scapegoat people.

Some bullies are former victims. Some come from dysfunctional families. Some are beaten (up) by their relatives. Some have very low self-esteem. After talking about bullies and bullied people, we realized that there are not only bullies and bullied people but also bystanders. The message of that poster is quite simple: dare to react when you see someone being bullied! Don't let anyone drop out of school because of bullying! // **Say what you think about this text in groups then write a few lines.**

## Listening comprehension from AUDIOLINGUA

Sentences with phrasal verbs.

Work in groups.

### The opposite vocabulary of what we have been using in this chapter:

If a person who has been bullied for years is not bullied anymore, **write down a list of positive words** to say how he/she feels, what his/her environment is like, social life, hobbies etc.... All the opposite words of those we have studied (hit/afraid/ insecure/ hell/ nightmare / stress / phobia.....). When you have a lot of words, write sentences. Ex: When a person is not bullied anymore he feels.... He is not afraid of verbe+ ing He can finally got to..... without(sans) verbe + ing..... He has no more....(cauchemars...) His life is....



## Speaking test (2 to 3 min)

### A former bully apologizes

**To raise awareness on the issue of bullying, your school has invited former bullies who have realized how badly they have hurt people to speak out about what they did. Write a speech in which a former bully apologizes and read it out loud. You have to talk to the class as if you are an adult going to a school to teach pupils that bullying is wrong.**

1. Introduction
2. Say what you used to be (mean, selfish, dumb..)
3. What did you do to people you bullied?
4. Who were your friends of? Bullies?
5. Why did you bully people? What did you do exactly?
6. Who did you meet who made you change and become a better person?
7. What did this person make you realise?
8. Say that you are sorry and say what you hope for the future?
9. What are your hopes for the world in general?
10. What do you want to tell bullies around the world.

*An example of what you could write:*

Dear students,

Thank you for listening to me today. I'm here to talk to you about who I used to be, about what I used to do to people. I used to be so dumb and mean.

I used to call people names, I used to spread lies about my classmates...

I used to be a school bully. It was part of my identity. I was friend with the bullies in my school.

I know you might hate me but let me tell you my story.

I bullied my fellow students for 4 years. I bullied them because I didn't want to be bullied, I bullied them because I was in so much pain. I bullied them because I had a dysfunctional family, because nobody cared about me at home, because I didn't like myself. I had to numb myself.

But one day, maybe because I met a special person that showed me love, I realized that bullying wasn't a solution, that bullies had to realize they were hurting people, and also that they had to change their behaviour. They had, I had, to realize how wrong we were.

I am sorry I have bullied people. I apologize for hurting my classmates. I regret having acted this way. I wish I hadn't bullied anyone. I hope there won't be any more bullies in schools or anywhere else, I hope we can all live in harmony.

Everybody is different and that makes the world a better place. Be a buddy not a bully!

<https://www.cquesne-escapegame.com/stop-the-cyberbullies>

<https://view.genial.ly/59cd68d3a162890cfc79e08>

.....

In the background, we can see a teenager with headphones on. He looks focused in the foreground, hiding a part of his face, we can see seven tapes showing a girl's face. **The third case is open, it is as if she were trying to talk.**

**Not only** does the boy look focused but he also looks sad. **He might be trying** to understand everything he is listening to **while being on the verge of tears.**

The main characters are Hannah Baker and Clay Jensen. Before killing herself, Hannah has sent tapes to her schoolmates to explain the reasons why she decided to commit suicide. She obviously seems to **bear a grunge against them.**

**Clay is at a loss.** He does not understand why she is mad at him. **He has no clue why he should feel guilty or what he should feel guilty about.** He does not want his name to be **tarnished.** He thinks he has not done anything wrong.

The other characters mentioned are Alex, Jessica and Justin. Alex voted Hannah best ass on **a list of superlatives** he and other students wrote when they were in their freshman year. Hannah **was made fun of and looked down on** because of this. She **was seen as an easy girl.**

Jessica **must have been** one of Hannah's schoolmates. Justin **must have been** one of Hannah's schoolmates. **He might have spread rumours about her, he might have posted something embarrassing about her.**

After everyone read the list and listened to the tapes, they **must have talked** about the people **whose names were on the list** and made fun of them/laughed at them. They **must have gossiped about them and spread rumors.** They must have started changing their opinions about the people who were on the list.

The document is a website page (StompOutBullying.org) **whose aim is to give ø advice** to people who **are being bullied.** It advises them on how to behave.

Here is what they should or shouldn't do:

Don't show the bullies you are scared.

Don't get angry/upset.

**Don't be afraid of shouting** "leave me alone".

**Try and say** something funny/make a nice joke.

Show them you are not afraid of looking them in the eye.

Try and have a nice attitude **towards** them.

**Avoid** the places your bully **fancies.**

Avoid being alone/ on your own.

Show them their remarks don't hurt you.

Never carry too much money.

Tell people you need help **and let bullies know you won't remain silent.**

Some people bully others because they don't like them, because they think they are stupid, fat...They make fun of people's weight. It's called **fat-shaming.**

They **look down on/ despise** the people they bully. They think that they **deserve** to be treated badly.

Yet in fact they might be the ones who feel insecure, which explains why they **ostracize** and maybe even **scapegoat people.**

Some bullies are **former victims.** Some come from **dysfunctional** families. Some are beaten (up) by their **relatives.** Some have very **low self-esteem.**

**After talking** about bullies and bullied people, we realized that there are not only bullies and bullied people but also bystanders. The message of that poster is quite simple: **dare to** react when you see someone being bullied!

Don't let anyone drop out of school because of bullying!

## Why I Bully You

**Background:** You're so stupid. Look at yourself. How often do you take showers?

**Girls:** Why I Bully You ... Why I bully you.

Celia Douglas, Leanna Torres, Kaylin Youngblood, Lauren Paik, Marquasha Babers, Mya Mayers, Rachelle Shugman, Riana McGavin, Simone Abaginre, Zariya Allen.

Why I bully you.

I bully you because:

You're fat.

I bully you because you're ugly.

You're ugly. Ugly.

I bully you because...

You're stupid

You smell

You make me sick.

I bully you because you're too tall.

You're too short.

Too light. Too dark. Too smart. Too dumb.

I bully you because YOU. You're a nerd.

You're a nerd.

I bully you because...

You have no friends.

You're a loser. You're a loser.

You're gay. Gay!

And everybody hates you.

I bully you because no one ever stops me.

I bully you because... no one cares.

What's the big deal? What's the big deal?!

I bully you... because.

No... no... No... no...

I bully you because it makes me feel powerful.

Powerful.

I bully you because... I want to fit in...

I... have to fit in.

I bully you because I don't want anyone to see

MY imperfections.

Because I'm uncomfortable in my own skin.

I bully you because I don't like myself.

I don't like myself. I don't like myself.

I bully you because I am my own nightmare.

My. Own. Worst. Enemy.

Numbing myself from the inside out.

Projecting it onto you.

I bully you because I'm scared.

I'm scared. I'm scared. I'm scared. I'm scared. I'm scared.

I bully you because my mother screams at me.

I bully you because my father hits me. I bully you because

my brother beats me up.

So I beat you up...

I bully you because I think I might be gay.

And I don't want anyone to know!

I bully you because I don't feel good about myself.

I bully you because I think I'm ugly. I think I'm too fat. I think

I'm stupid.

I bully you because I see myself in you.

I see myself in you. I see myself in you. I see myself in you. I

see myself in you.

I bully you because... I am you.

**You are a new member at your school journal. Write an article about school bullies, bullying and why it should stop.**

**(Approximately 250 words)**

Let's say goodbye to bullying!

Sometimes, we have to get rid of old acquaintances because they are noxious. Bullying is one of them. It has existed for centuries. In the old days, older students from very prestigious British public schools forced younger pupils to do the chores they did not want to do. It was called fagging. It is high time we said goodbye to bullying for good.

Bullying should belong to the past and to the past only. But what about teasing your friends or playground conflicts?

Well, they have nothing in common with bullying, which is meant to harm people, to make them suffer and to get control over them. Teasing people, on the other hand, helps us cope with criticisms in a fun way and is, very often, a sign of friendship (as long as it is not meant to hurt the other!).

As for playground conflicts, they are inevitable but do not mean that one of the students involved wants to humiliate the other one. Moreover, a playground conflict does not last forever.

How can we say goodbye to bullies?

As strange as it may seem, you have to know that bullies have to be looked after! They bully because they have been bullied, because they are insecure, because they have low self-esteem, because they suffer, because they want to be among the popular kids, because it makes them exist...

So, let's wave bullying goodbye and offer a helping hand to bullied kids as well as to school bullies!