

SIMPLIFIED COUNSELLING UNIT

Bullying : Help for Students



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Grade / Topic Level : Suitable for multi-age.

Reading Level : Grade 3 - 4.

Chapter One

What is Bullying?

Bullying is when a bigger or stronger person hurts somebody who is smaller or weaker. The person who does this is a bully. The person who gets hurt is a victim.

Most people are nice. They are not bullies. A few men and women are bullies. A few boys and girls are bullies.

A bully can hurt a victim with hits, threats and words. Hits are when the bully punches, slaps, or kicks the victim.



Threats are when the bully says something bad will happen to the victim later. Here are some threats that bullies make.

“I’ll beat you up tomorrow!”

“Me and my friends will beat you up after school!”

“I’ll tell your boss and he’ll kick you out!”

Words are when a bully says things to hurt a victim. Here are some bad words which bullies use.

“You’re fat and ugly!”

“Everybody hates you!”

“We don’t want to hang out with you!”

Here are some more bad words which bullies use.

“You’re a retard!”

“Your Mom’s a bitch!”

“Your Mom and Dad are losers!”



Quiz 1: What is Bullying?

1. Read each sentence. If it is true, write T in the space. If it is NOT true, write F in the space.

A. Bullies hurt people who are smaller and weaker than they are.

B. Most people are nice.

C. Bullies are nice.

D. A bully can punch, slap or kick a victim.

E. A bully can hurt a victim with words.



2. Read each sentence. If it is a threat, put a check mark (✓) in the box at the end of the sentence.

A. "Me and my friends will beat you up after school."

B. "Do you want to play soccer after school?"

C. "I'll tell all the girls in the class not to hang out with you."

D. "If you don't do what I say, I'll beat up your little brother."

E. "Do you want to come over to my house to watch TV?"