



Introduction to Bullying

Read the following text and answer the questions that follow:

Bullying is a serious issue that affects many people, especially in schools. It can take many forms, including verbal, physical, social, and cyberbullying. As a student, it's essential to understand the different forms of bullying and how to identify them in everyday life.

1. What is bullying?

2. Why is it essential to understand the different forms of bullying?

Types of Bullying

Match the type of bullying with its definition:

Type of Bullying	Definition
Verbal Bullying	Using physical force to hurt or intimidate someone
Physical Bullying	Using words to hurt or intimidate someone
Social Bullying	Excluding someone from social activities or spreading rumors about them
Cyberbullying	Using technology to hurt or intimidate someone

How to Identify Bullying

Read the following text and answer the questions that follow:

To identify bullying, look for signs such as unexplained injuries, changes in behavior, or decreased self-esteem. Listen to what people say and watch for exclusion.

1. What are some signs of bullying?

2. Why is it essential to listen to what people say?

What to Do If You Witness Bullying

Read the following text and answer the questions that follow:

If you witness bullying, stay calm and try to help the person being bullied. Report the bullying to a trusted adult, such as a teacher or parent.

1. What should you do if you witness bullying?

2. Why is it essential to report bullying to a trusted adult?

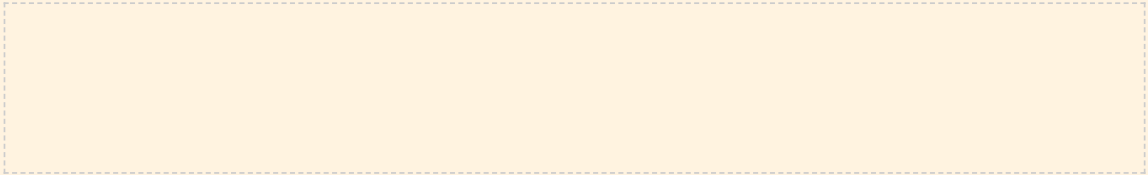
Activities

Choose one of the following activities:


1. Draw a picture of a situation where someone is being bullied. How would you help the person being bullied?



2. Write a short story about a time when you witnessed bullying. What did you do to help?



3. Create a poster that promotes kindness and respect. What message would you like to convey?



Quiz

Answer the following questions:

1. What is bullying?

2. What is cyberbullying?

Conclusion

Read the following text and answer the questions that follow:

Bullying is a serious issue that affects many people. By understanding the different forms of bullying and how to identify them, we can work together to prevent it.

1. Why is it essential to understand the different forms of bullying?

2. What can we do to prevent bullying?

Additional Resources

Visit the following websites for more information and support:

- [StopBullying.gov](https://stopbullying.gov)
- Other online resources

