English – 4ème (B1)

How to Fight Bullying?

How can we make school a safer place?

1 Warm-up – Think and Discuss

Look at the following situations. What can you do to help?

1. A student is regularly called names by classmates.
2. Someone is always left alone during break time.
3. A student receives nasty messages on social media.
4. A group of pupils laughs at someone every day.

Discuss:

- What should the victims do?
- What can witnesses do?
- Who can help?



2 Reading – What can we do to stop bullying?

Text 1 – Don't be a bystander!



Bullying is a serious problem in many schools. It can take different forms: name-calling, physical violence, spreading rumours or sending hurtful messages online.

But we can all do something to stop it.

First, if you are a victim, you should talk to someone you trust. It could be a teacher, a school counsellor, a parent or a friend. You shouldn't keep everything to yourself. Remember: asking for help is not a sign of weakness.

Second, if you witness bullying, don't just stand by and watch. You can support the victim, show them that they are not alone and report the situation to an adult. You shouldn't laugh or encourage the bully.

Finally, schools should organise awareness campaigns and workshops to teach students about respect, empathy and tolerance.

Everyone has a role to play. Small actions can make a big difference!

Text 2 – Stop cyberbullying!

Cyberbullying happens when people use social media, messaging apps or the internet to hurt or intimidate others.

What should you do if someone sends you offensive messages?

- Don't reply to aggressive messages.
- Take screenshots as evidence.
- Block the person who is harassing you.
- Report abusive content to the platform.
- Tell a trusted adult.



Never share private information or embarrassing pictures of other people. Think before you post!

Remember: being behind a screen doesn't give anyone the right to hurt others.

3 Reading Comprehension

A Answer the questions in complete sentences.

1. What different forms of bullying are mentioned in Text 1?
2. Why shouldn't victims keep everything to themselves?
3. What should witnesses do when they see bullying?
4. Give two examples of actions schools can take to prevent bullying.
5. What is cyberbullying?
6. Why should victims take screenshots of offensive messages?
7. According to the texts, who is responsible for fighting bullying?

B True or False? Justify with a quotation from the texts.

1	Asking for help means you are weak.	☐ True	☐ False
2	Witnesses should report bullying to an adult.	☐ True	☐ False
3	Schools can help prevent bullying through workshops.	☐ True	☐ False
4	Victims should reply to aggressive online messages.	☐ True	☐ False
5	You should never share embarrassing pictures of others.	☐ True	☐ False

4 Vocabulary – Find the Synonyms

A Match the words with their synonyms.

1	To help	a	To assist
2	To report	b	To inform someone about a problem
3	Hurtful	c	Offensive
4	To support	d	To stand by someone
5	To stop	e	To put an end to
6	To encourage	f	To motivate
7	To speak up	g	To express your opinion
8	To intimidate	h	To frighten someone

B Find a synonym in the texts.

1. A person who sees bullying but does nothing: .....
2. To frighten or threaten someone: .....
3. To ask for assistance: .....
4. Unkind or offensive messages: .....
5. To make someone feel that they are not alone: .....

C Complete the sentences with the words below.

stand up – report – support – prevent – encourage – speak up

1. We must ..... bullying before it gets worse.
2. You should ..... the victim and show empathy.
3. Don't stay silent! You must ..... when you see injustice.
4. You should ..... the bully's behaviour to a teacher.
5. Friends can ..... victims and help them feel better.
6. We must ..... against bullying, not encourage it.

5 Grammar – Giving Advice

How to give advice in English

Structure	Use	Example
SHOULD + BV	Give advice	You **should** talk to a teacher.
SHOULDN'T + BV	Discourage / advise not to	You **shouldn't** stay silent.
WHY DON'T YOU + BV...?	Suggest a solution	**Why don't you report** the bullying?
IF I WERE YOU, I WOULD + BV	Give personal advice	**If I were you, I would** tell my parents.
IMPERATIVE	Give an instruction	**Speak** to someone you trust!

Remember!

- SHOULD + base verb (sans TO).
- SHOULDN'T + base verb.
- WHY DON'T YOU + base verb?
- IF I WERE YOU, I WOULD + base verb.
- Affirmative imperative: base verb.
- Negative imperative: DON'T + base verb.

Examples:

- You should ask for help.
- You shouldn't ignore the problem.
- Why don't you talk to your teacher?
- If I were you, I would block the bully.
- Don't stay silent!

6 Grammar Practice

A Exercise 1 – Choose the correct answer.

1. You **should** / **should** to tell a teacher.
2. You **shouldn't** / **don't should** laugh at someone.
3. If I were you, I **will** / **would** report the incident.
4. Why don't you **talk** / **talking** to your parents?
5. You **should** / **shouldn't** ignore the victim.
6. Why don't you **report** / **reporting** the offensive messages?

B Exercise 2 – Rewrite the sentences using the word given.

1. It's a good idea to talk to an adult. (SHOULD) → .....
2. Don't ignore the victim. (SHOULDN'T) → .....
3. I advise you to block the bully. (IF I WERE YOU) → .....
4. Why not report the offensive messages? (WHY DON'T YOU) → .....
5. It's a good idea to support your classmates. (SHOULD) → .....

C Exercise 3 – Give advice.

Imagine that your friend is being bullied. Give them five pieces of advice. Use at least three different structures from the lesson.

1. .....
2. .....
3. .....
4. .....
5. .....

7 Final Task – Be Part of the Solution!

TOGETHER, WE CAN STOP BULLYING!

Situation:

Your school wants to launch an anti-bullying campaign. You are a student representative and you must write a **short message** for the school noticeboard.

Use at least:

- ☐ 3 different expressions of advice.
- ☐ 4 words from the vocabulary section.
- ✓ 2 connectors (first, secondly, moreover, finally, because...).

Your mission:

Write a text of 80–100 words entitled:
TOGETHER, WE CAN STOP BULLYING!

- ✓ Explain what students should do if they are victims.
- ✓ Give advice to witnesess.
- ✓ Suggest two actions schools can organise.
- ✓ Encourage everyone to take action.

Useful opening:

Bullying is everyone's problem. We must all take action to make our school a safer place...