

Name: _____

Read the following passage carefully.

Bullying

Bullies come in all shapes and sizes. They are not always stronger, smarter or more popular than you. A bully's primary goal is to hurt the victim. They take delight in seeing others in pain. Bullies hurt people in different ways.

Physical bullying is using physical strength to exert power over someone. This may involve punching or kicking. The effects of physical bullying are easy to spot.

Verbal bullying is when someone uses insults or teasing to hurt someone. It can be very damaging and may have long term psychological effects on the victim.

Social bullying takes place mainly among girls. This is done by the bully encouraging others to exclude the victim from a group or to make victim feel uncomfortable among others.

Bullying is not a one-off incident, once the bully realises that he has power over the victim. Most bullies know that victims are unlikely to defend themselves. This is so because most children feel embarrassed to tell someone that they are being bullied. They are afraid of the bully retaliating. They are also afraid to tell an adult for fear that they will make a situation worse. If you witness someone being bullied, you should tell an adult, who can in turn do something about the situation. If you say nothing, then by your silence you are encouraging the bully to keep hurting their victim.

If you are a victim of bullying, here are some tips you can use. Avoid the bully. If that does not work, you can use the buddy system by making sure you have someone with you so that you are not alone with the bully. You could also act brave, walk away and ignore the bully, pretend that the hurtful words mean nothing to you. Finally, you need to speak to someone you can trust who could help you in dealing with the situation.

Bullying can erode someone's confidence. To help rebuild one's confidence, you should participate in clubs, sports and other enjoyable activities. Also spend time with friends who have a positive influence on you.

The following questions are about the passage you have just read. Write the correct answer for each question in the space provided. Pay attention to your Grammar and Spelling.

1. What does the opening sentence "Bullies come in all shapes and sizes" mean?

2. What do all bullies have in common?

3. Do you think it is easy to identify someone who is being bullied physically?
Give a reason for your answer.

4. What does the phrase "Bullying is not a one-off incident," (line 12) suggest?

5. Give two reasons mentioned in the passage why the victim does not tell someone about being bullied.

6. Why do you think it is important to report to an adult, if you see someone being bullied?

7. What is the buddy system?

8. How do you think bullying destroys someone's confidence?