Practice 3

Read the text below and answer questions **25 to 34**.

Face Your Bully

I was bullied quite badly in high school. There was one person in particular who would try to make me feel inferior in every way he knew how. He would throw things at me constantly, flick me in the head, punch me, wipe whatever he picked from his nose on my shirt, call me ugly and stupid, mock me and of course – tell me he would beat me up if I ever fought back. It was like his daily mission.

As for me, it was my daily mission to just get through the day. What can I say; it made my world very small because that was my sole focus – just surviving. Everything else fell by the wayside. Unfortunately, that included any form of social life. Hence, not only was my world tiny, but it was very lonely too.

Looking back to that time – which was about 11 years ago – my biggest mistake was not bringing anyone into that world of mine. I was too proud or rather embarrassed to get help. I would prefer not to face the fact that I needed help because in my mind, that would mean that the bully had won. It would also mean that I was weak.

Let me just say this – bullying someone is a weak choice. The only reason they come after you is because they think you would not do anything about it. Does that make anyone strong? Absolutely not. Be stronger – reach out to a parent, a teacher, or a friend. Anybody. Simply admit that you are struggling and need help.

You can put it like this, "Somebody who is weak and trying to build their self-esteem has chosen to do that by putting me down. The only reason they are doing that is because I am nice and I haven't done anything about it yet. Well, I am through putting up with this. I have basic human rights that they are violating to feel better and that it is just not okay. How do I handle this the right way? I don't want the pain cycle to continue and become someone I don't want to be."

I will close by saying this – I am great! I am not just surviving. I am enjoying my life. I graduated from college with honours. You don't have to wait. Do something today.

Daven

(Adapted from: *http://www.pacerteensagainstbullying.org/*)

LIVEWORKSHEETS

Questions 25 to 32

Answer the questions below.

Choose **no more than three words and/or a number** from the text for each answer. For each question, write your answer in the space provided on your answer sheet.

25 Daven was in _____ when he got bullied everyday.

26 Daven's _____ was crippled as he had no friend.

27 It was about _____ when Daven got bullied.

28 He did not _____ as he thought it would mean the bully had won.

29 The first step to stand up to a bully is to _____ that you need help.

30 Victims of bullies should not be _____ with the abuse.

31 Bullies are _____ their victim's basic human rights.

32 To stop the _____ from going on, the bully must be stopped.

Questions 33 and 34

Complete the table below with a word from the text.

For each question, write your answer in the space provided on your answer sheet.

Meaning	Word
33 shy	
34 tease or laugh at in a scornful manner	

LIVEWORKSHEETS