

Standing against bullying

Upper-intermediate to Advanced



Task 1. Warm-up and lead-in

Look at the words and answer the questions.



1. Which words do you already know?
2. Try to guess the topic of the lesson judging by the words you know.
3. How does this topic make you feel?

Task 2. Discussion

Discuss these questions with your peers. Compare your opinions.

1. How many nationalities do you think there are in the world?
2. Can a person be of several nationalities, e.g. both German and French? How could that happen?
3. Why is bullying on the basis of ethnicity or nationality a bad thing? Give at least three reasons.
4. Why do you think some people may disagree with the fact that it is a bad thing? What arguments might they have? Give at least three.
5. Do you think it is important to find a way to talk to parents or teachers when you feel bad because of bullying? Why or why not?

Task 3. Reading

Skim the text and find answers to the questions from the previous exercise. If you don't understand some words in the text, ignore them for now.

1.1 What is nationality?

Nationality is an ethnic group of people who share the same race, religion, language, culture, traditions and origin.

There are more than 2000 nationalities in the world. Almost everyone considers themselves belonging to one of them (or even several at once, e.g. with an Italian grandmother and Spanish grandfather, and the other grandparents being Georgian and Estonian). This is called "national identity". National identity is a very important part of our Self, of who we think we are.

1.2. Why is bullying based on nationality a bad thing?

Task 3. Reading

a) All people are born different

We differ not only by nationality, but also by a huge number of other things. We have different preferences in clothes, food, music; different looks, characters, abilities, hobbies; different friends, families, culture, religion, traditions. Our actions, relationships, goals and desires are also unique. In each nationality, all people are different.

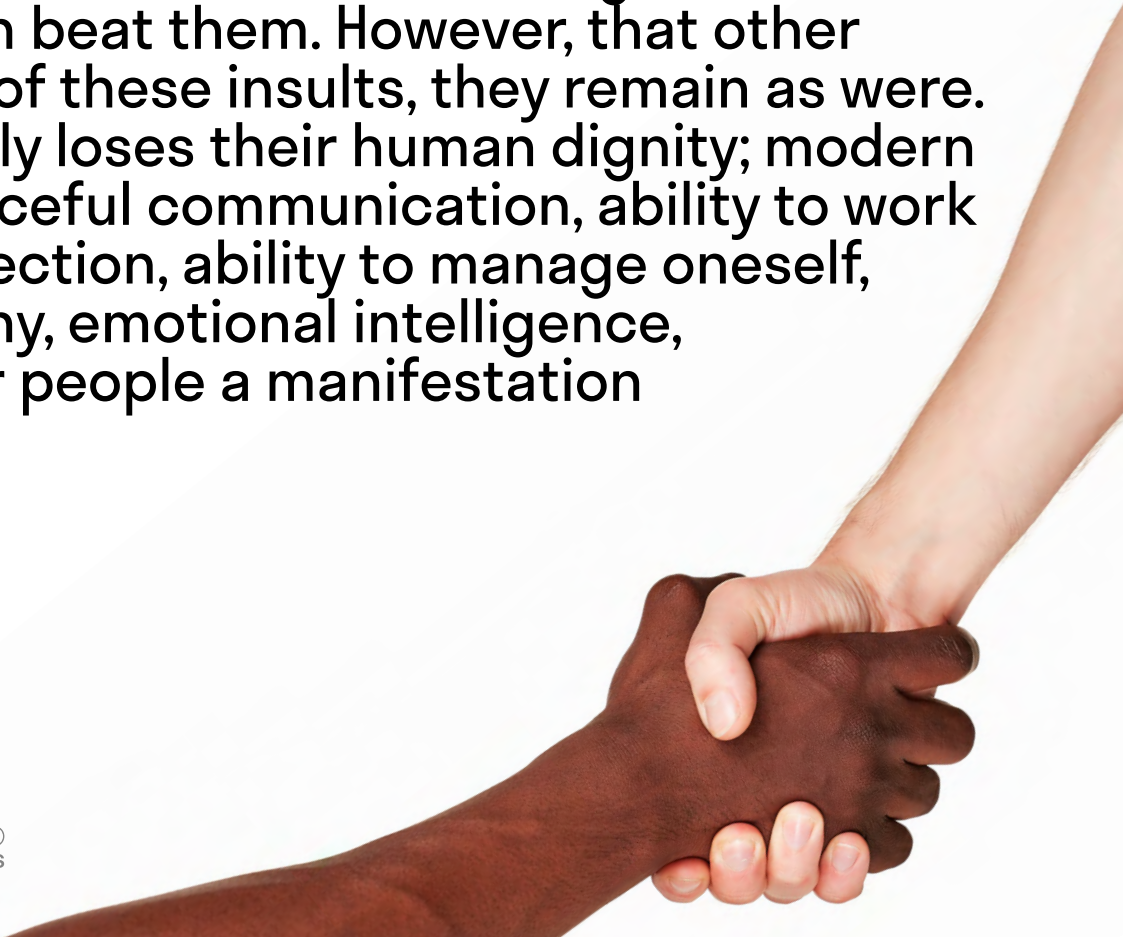
There are brilliant scientists, talented composers, journalists, actors, successful politicians, great athletes, good doctors, teachers, coaches, etc. But there are scammers, bribe-takers, liars and criminals of different origins. Thus, the idea of the superiority of one nationality over another is false.

But when one insults someone because of their nationality, one seems to forget about it, and is unable to think broadly and critically; one's decisions and actions can be rash and dangerous. For example, he or she may believe a person because he or she belongs to a "good" nationality – and the person would turn out to be a fraudster, and steal one's money. Or someone may humiliate a person of a "bad" nationality – and that person will turn out to be a doctor who people's lives and health depend on.

Task 3. Reading

b) Discrimination on the basis of nationality and human dignity are incompatible

"I am better, and a person of another nationality is worse". When people accept this idea, bullying in its various forms becomes highly likely. There emerges a drive to ignore a person of another nationality, not to invite him or her to events, to humiliate and offend them, including in social media, threaten with violence or even beat them. However, that other person does not get worse because of these insults, they remain as were. But the one who causes pain definitely loses their human dignity; modern society values soft-skills such as peaceful communication, ability to work in a team, introspection and self-reflection, ability to manage oneself, to solve problems peacefully, empathy, emotional intelligence, and critical thinking. Is bullying other people a manifestation of soft-skills? Definitely not.



Task 3. Reading

c) Discrimination is a "disease" that affects various nationalities

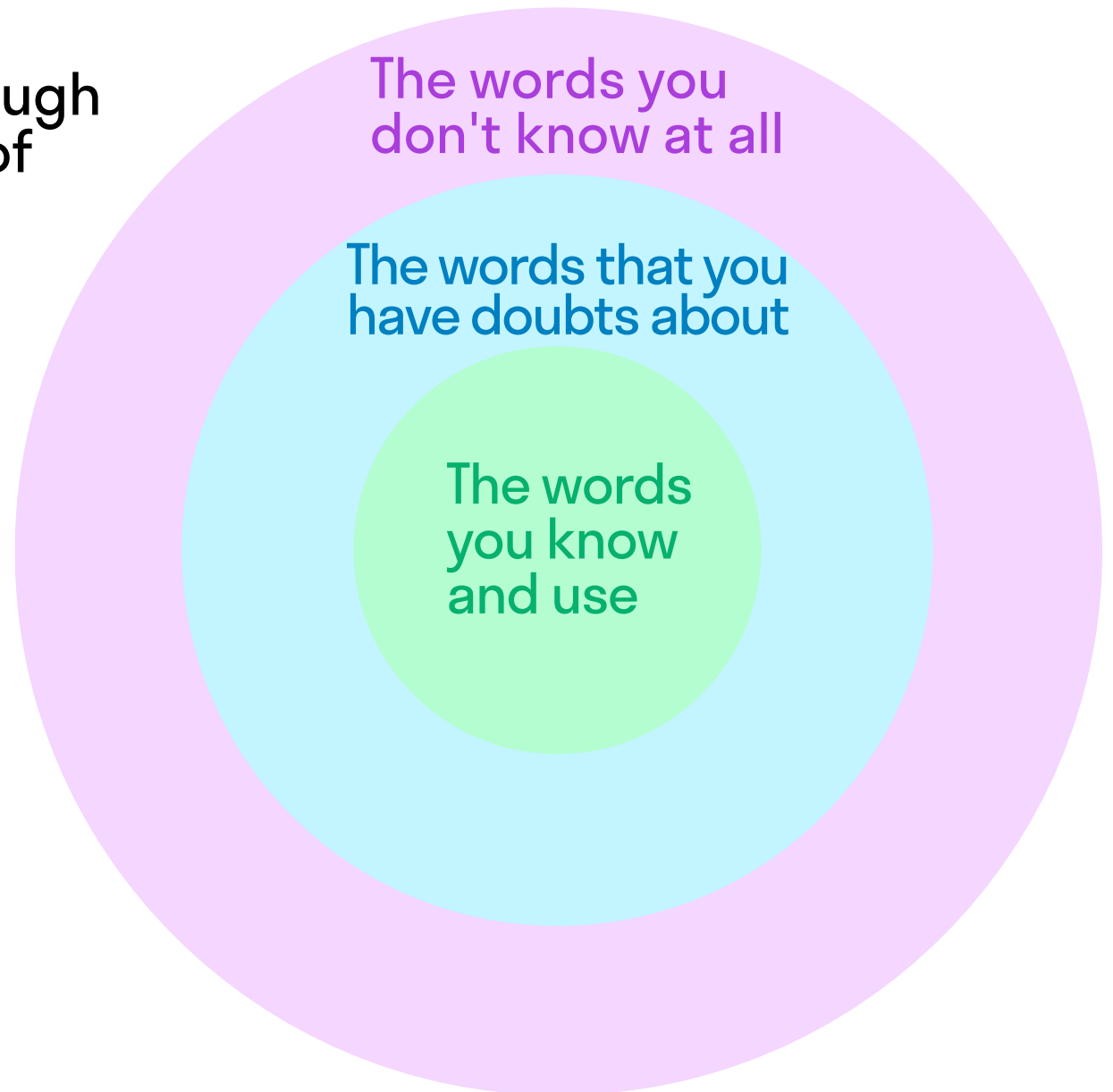
History knows many examples of one nationality bullying and even destroying another nationality, or treating them as non-humans. If we trace the roots of racism, we find out that people of some European countries and the United States used to treat people of Africa this way. In the 17th and 19th centuries, people of African nationalities were considered underdeveloped, lazy, aggressive, and therefore had no rights and freedoms; they could be freely humiliated, insulted, and beaten.

Go back to questions from the previous exercise and highlight the extracts in the text that contain the right answer. What additional information have you learned?

Task 4. Post-reading vocabulary (Ripple diagram)

Look at the diagram and the parts it consists of. Look through the text and fill in each part of the diagram with at least 10 words.

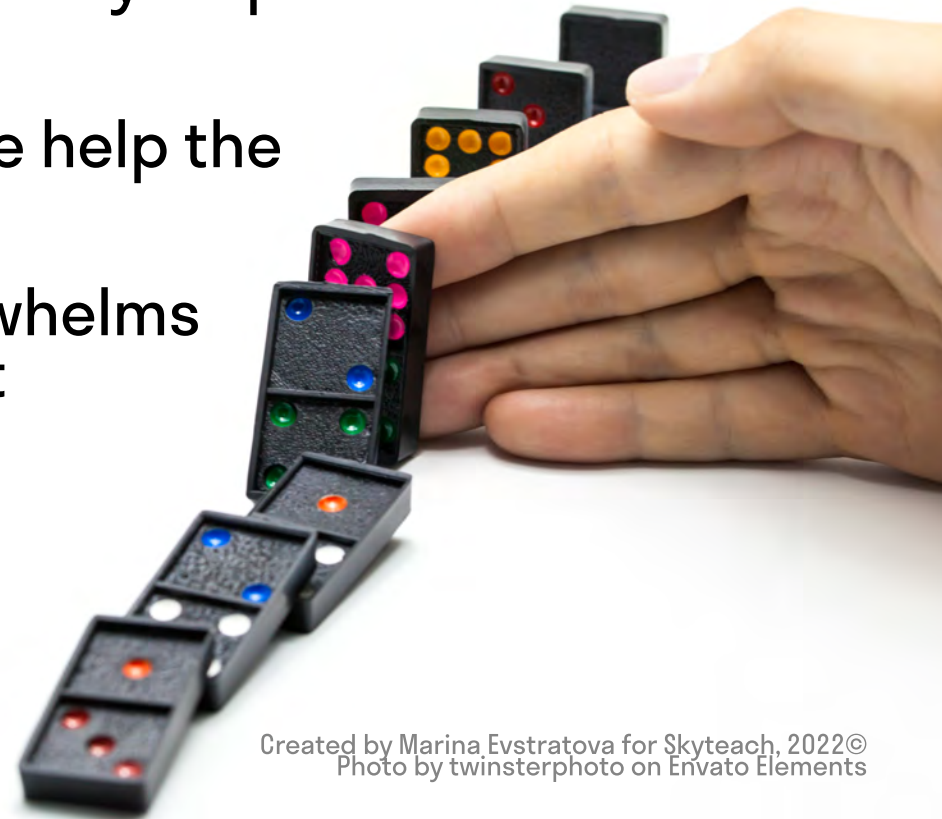
Show your diagram to your classmates. Find the classmates who know the words that you don't and ask them about their meanings. Help those who don't know the words you know.



Task 5. Discussion

Look through the questions and think about your answer. Compare your answer with your peers'. Try to use the vocabulary from the previous exercise to give examples and explanations.

1. How to express your attitude to a difficult situation safely?
2. How can talking about your feelings openly help the situation?
3. How can talking about your experience help the situation?
4. What should you do if a situation overwhelms you, and you know that you can't react constructively?



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