

Term 2: Development of self**Getting out of the bullying habit**

We have all experienced bullying; others have been bullies and others have been bullied. It is not a nice thing and all. Bullying is bad and harmful.

Bullies are not born this way; they usually learn to bully from others. You need to take responsibility for your actions and behaviour.

We can all get help for the bad things that we do to others and bullying is no exception to this. If you are a bully, you need to find help and stop bullying.

- List the reasons why you bully
- Ask friends and family to help you give up the bullying habit
- Try new activities (starting a new hobby)
- Apologise to those whom you have bullied
- Do not force people to help you
- Stop others from bullying
- Learn to control your temper
- Try to always be nice to other people
- Focus on the things that you are good at to boost your self-esteem

If you are being bullied you can report the matter to:

Police: 10111

Talk to a social worker

Tell an adult
that you trust

Childline
0800 055 555

DO NOT KEEP SILENT:

The power of an abuser lies in the silence of the victim

READING SKILLS

Dear Riaan (Study & Master pg. 147-148)



Riaan unlocked the front door. He held his breath for a second, listening, then let out a sigh of relief. There was no one home. He wasn't sure what was worse, coming home to an empty house or finding his father there, drinking.

When he reached his room, he threw his case on the bed. By mistake, it bounced against the wall, burst open and the contents tumbled out onto the floor. He kicked the pencil case. It flew open and pencils shot everywhere. He was about to kick one of the books when he saw the white notepaper. It was folded in half. It had not been in his case when he had packed it. He picked it up and realised it was a letter. It was addressed to him.

Dear Riaan

I used to live on a farm in the country. I went to a farm school. It was very small, but everyone there was friendly.

We moved to the city because my father was sent to jail. He beat up my mother. He also used to beat me up. My mother now has a job in the city and she says we will have a better life here. It will take a bit of time because there's not a lot of money.

I'm quiet at school because it's so big here compared to where I was and I am shy. I'm also quiet because I don't want anyone to know about my father and what he did to us. I don't feel sorry for myself. I feel lucky that we have another chance to be happy. But now, you are doing things that are making me unhappy and making me cry.

I don't understand why you always tease me and call me names. When you trip me in class and you and the other boys laugh it makes me hurt inside. I want to be happy at this school and make new friends, but it's hard.

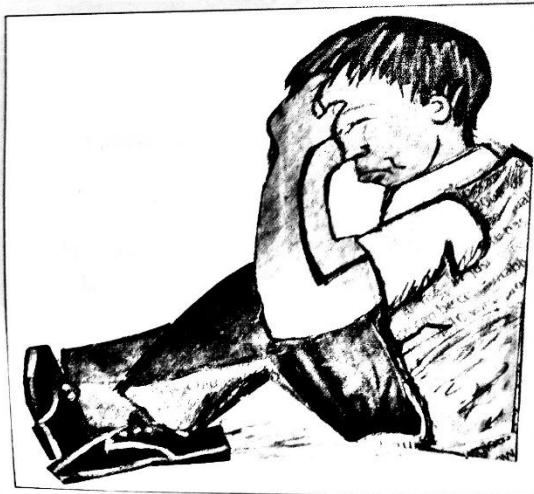
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When we came here my mother said we have to be brave. She also said we have to face our problems. I haven't told anyone about what you do. I also haven't told my mother. She always worries about me and I don't want to make her worry even more. So, I'm just telling you how I feel.

I am feeling very sad and I don't know what to do.

From
Charlene



Riaan sat for a moment not believing what he had read. He crumpled the paper into a tiny ball and flung it across the room. He felt like kicking something. Who did she think she was, Princess Charlene of 'Happily Ever After'?

He sat for a while with his fists clenched. Then Riaan Visser bent forward, buried his face in his hands and cried for the first time in a very long time.

Activity:

1. What do you think made Riaan a bully? (1)
2. Why did Charlene's family move to the city? (1)
3. What happened to Charlene's father? (1)
4. Why do you think Riaan cried after reading the letter? (1)
5. Name the kinds of bullying Riaan was doing to Charlene? (2)
6. How do you think Riaan can get out of the bullying habit? (2)

TOTAL: 8