

LESSON PLAN

JUNE 2019

BULLYING AND SELF HARM



JUST
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SURF'S UP!

INTERMEDIATE

Stages	Procedure	Time
Objectives	<ol style="list-style-type: none"> 1. To practice <ol style="list-style-type: none"> a. skimming skills b. paraphrasing c. scanning skills 	
Warmer	<ol style="list-style-type: none"> 1. Teacher shows a video of bullying. <ol style="list-style-type: none"> a. Teacher elicits opinions from students. b. How does the video make you feel? 2. Teacher leads into the topic of the day. 	5 mins
Pre-reading	<ol style="list-style-type: none"> 1. Teacher arranges the students into small groups. 2. Teacher distributes a discussion worksheet - Task 1 3. In small groups, students work on Task 1. 4. Teacher elicits more opinions from students. 	5 mins
While-Reading	<ol style="list-style-type: none"> 1. Teacher distributes Task 2. (1st Reading) 2. Students read the Intro and highlight the Thesis Statement. 3. Students read the concluding paragraph. 4. Students write the main idea of the article in their own words in Task 2. 5. Teacher provides feedback. 6. Teacher distributes Task 3 (2nd Reading) 7. Students scan for details. 8. Teacher provides feedback. 	15 mins
Post-reading	<ol style="list-style-type: none"> 1. Teacher checks the answers and provides feedback. 2. In small groups students work on a anti-bullying poster based on the article and also vocabulary from the article. 3. Teacher to provide necessary tools for this activity. 4. Students can do this homework and present in the next class. 5. Teacher discusses the answers. 	10 mins
Wrap	<ol style="list-style-type: none"> 1. Teacher does a concept check of the lesson 	5 mins

TASK 1

Discussion questions.

1. What steps would you take if you were a victim of bullying at school?
2. What would you do if someone you know is self-harming?

NOTE: Teacher can give examples to prompt discussion.

- a. Tell teachers about the problem.
- b. Talk to them.

TASK 2

INTRODUCTION:

“It was then when Sheila’s mother saw the cuts on at her daughter’s wrists and stopped talking. Realising that it had been seen, Sheila pulled at her sleeves to cover them.”

In the short story *Sunshine After the Rain*, Sheila Wong went through a tough time at her new school. She was avoided by the other kids, made fun of for being different, and she felt alone and afraid.

Sheila is not the only teen who has been bullied like this. In fact, many teenagers have experienced something similar. We always hear about bullying but many people don't fully understand what bullying is, and how it can lead to teenagers hurting themselves. Some of you may be victims of bullying right now; or you may even be bullying others without knowing it.

CONCLUDING:

As in the case of Sheila Wong in *Sunshine After The Rain*, many people who are bullied tend to resort to self-harm. If you are thinking about hurting yourself, it is important to let someone know so they can help you cope. It is not easy but you must be strong and try. Seeking support can help you reduce self-harm, find out what is causing this behaviour, and help you deal with the cause. It can also help you find better ways to handle stress, pain, and feelings that are too much. If you are experiencing problems with family and friends, getting someone that you can talk to is crucial to help you solve issues, and replace negative thoughts with positive ones.

Based on the paragraphs above, what is the main idea of this article? Explain in your own words.

NOTE:

Allow students time to paraphrase. Teacher can also give examples of a paraphrased sentence.

Example: Active to Passive sentences and using synonyms.

TASK 3

Scan for details.

1. Name two types of bullying.
2. Name three aspects of bullying.
3. Describe three characteristics of a person being bullied.
4. Why do people become bullies?
5. How can you deal with bullies?
6. What steps can schools take to stop bullying?
7. What are some of the reasons people harm themselves?

TASK 4

Poster making

SAMPLE POSTER



ANSWERS

Task 1

Answers may vary

Task 2

1. Let's learn more about bullying and how we can prevent it.
2. Main Idea: How to cope with bullying and self-harm

Task 3

1. Personal and cyberbullying.
2. Physical, Emotional and Cyberbullying.
3. Unpopular, introverted and powerless.
4. To fit in and feel powerful.
5. Report to a teacher or parents.
6. Create an email, hotline or a complaint box.
7. Difficulty in expressing their emotions. temporary relief and to escape.

Task 4

Please refer to task sheet for samples.