

Activity 1: Match the key word to the description.

power

intention

hurt

repetition

speak up

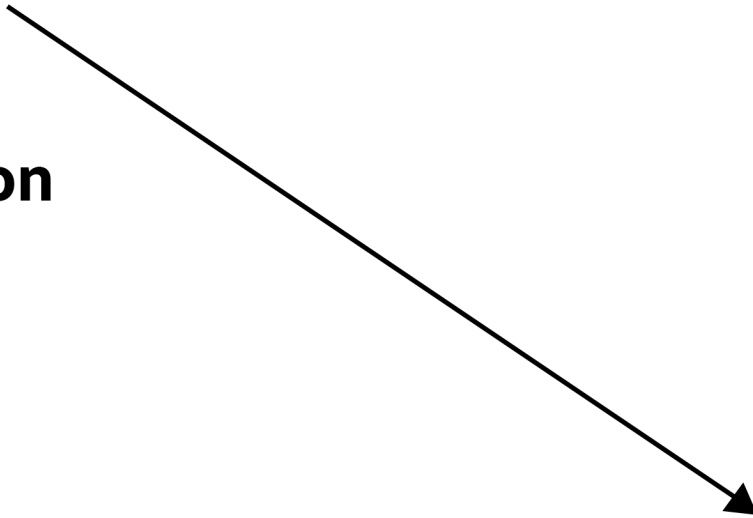
CJ told Ash that he felt sad.

Ash asked CJ if he was OK and suggested speaking to a teacher.

CJ said Jamie and Charlie had damaged books before.

Two people were being unkind to CJ.

Charlie deliberately threw CJ's book on the ground.



Activity 2: How do you tell someone 'that joke isn't funny'?
Write down some useful phrases to let a friend know
when their joking is beginning to get uncomfortable.

'Can we talk
about something
else please?'

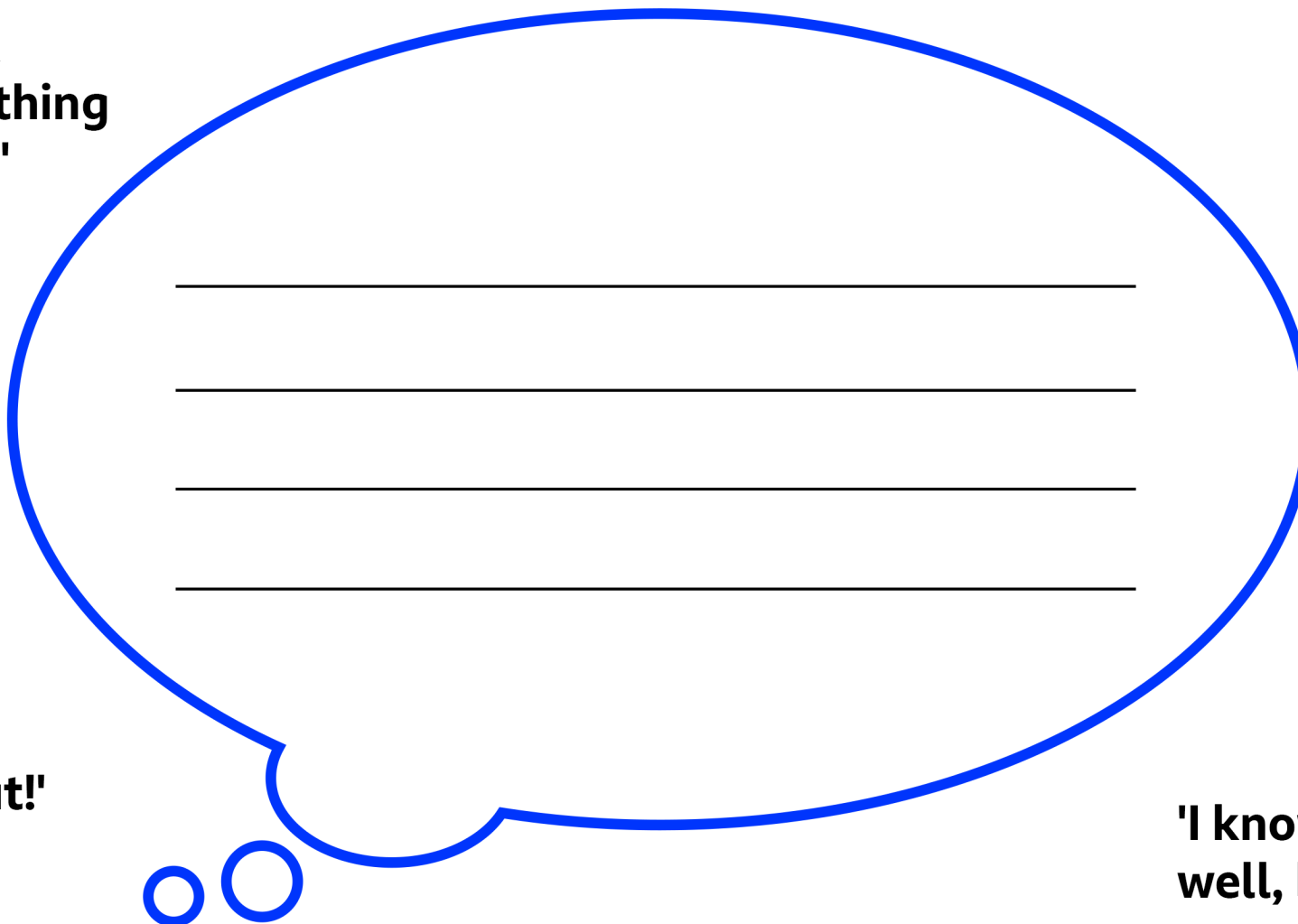
'That's not
as funny as
you think.'

'Give it
a rest.'

'Be nice!'

'Leave it out!'

'I know you mean
well, but...'



A large blue speech bubble with a tail pointing towards the bottom left. Inside the bubble are four horizontal lines for writing. At the bottom of the tail are two small blue circles.

Activity 3: How does it feel to give or get support?

It feels _____

comforting

nice

supportive

like I've been set free

warm and caring

like a weight has been lifted

rewarding

good

empowering

like someone's on my side

great