

Bullied kids at higher risk of mental health problems

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A new study says that children who are bullied by other kids could have mental health problems when they are adults. The study found that bullied children are more likely to suffer from depression and anxiety in adulthood

than children who suffered child abuse. Researchers found that the children who experienced only bullying were 1.6 times more likely than those who experienced only child abuse to have mental health problems or to have tried to harm themselves. Researcher Dr Dieter Wolke said society often thinks bullying is a normal part of childhood. He said: "Being bullied is not a harmless rite of passage or an inevitable part of growing up; it has serious long-term consequences."

Bullying is a big problem around the world. In Britain, about 16,000 children stay at home and do not go to school because they are often bullied. Their exam results suffer and so do their chances of going to university or getting good jobs. Bullied children may also suffer from other problems. They can have serious illnesses, an inability to focus on one thing for a long time, poor social skills, and have trouble holding down a job or staying in a relationship. Catherine Bradshaw, an expert on youth violence, said parents and schools needed to do more about recognising and preventing bullying. She said parents needed to teach their children how to communicate well with other children.

Sources: [LiveScience.com](http://www.livescience.com) / [MedicalDaily](http://www.medicaldaily.com) / [HealthLine.com](http://www.healthline.com)

Writing

Bullying should be a crime. Discuss.

Chat

Talk about these words from the article.

children / bully / mental health / depression / anxiety / adulthood / harm / growing up / problem / exams / university / illness / social skills / relationship / communicate

True / False

- A study says bullies at schools have mental health problems. T / F
- The study says bullied children are more likely to get depressed. T / F
- Bullied children are more likely to get depressed than abused children. T / F
- A researcher said bullying is a normal part of growing up. T / F
- The study says that there are 16,000 bullies in the UK. T / F
- The study said that the exam results of bullies can suffer. T / F
- Bullied children can have problems focusing and keeping a job. T / F
- An expert said parents should teach their kids communication skills. T / F

Synonym Match

- | | |
|-----------------|-------------------|
| 1. study | a. attempted |
| 2. likely | b. frequently |
| 3. tried | c. hurt |
| 4. harm | d. probable |
| 5. consequences | e. likelihood |
| 6. often | f. stopping |
| 7. chances | g. research paper |
| 8. focus | h. specialist |
| 9. expert | i. effects |
| 10. preventing | j. concentrate |

Discussion – Student A

- What does society need to do to stop bullying?
- Should bullying be made a crime?
- Should bullying be a crime?
- Is bullying simply a part of childhood?
- Should bullied children go to the police and get the bully arrested?
- What should parents do about bullying?
- How can we teach bullies their actions are wrong?
- What questions would you like to ask a bully?

Phrase Match

- | | |
|---|---------------------------|
| 1. kids could have mental health problems | a. part of growing up |
| 2. suffer from depression | b. they are often bullied |
| 3. bullying is a normal part of | c. consequences |
| 4. an inevitable | d. preventing bullying |
| 5. it has serious long-term | e. with other children |
| 6. do not go to school because | f. when they are adults |
| 7. an inability to focus | g. down a job |
| 8. have trouble holding | h. and anxiety |
| 9. recognising and | i. on one thing |
| 10. communicate well | j. childhood |

Discussion – Student B

- How serious a problem is bullying?
- Why do people bully others?
- Is it worse to be bullied as a child or adult?
- What mental health problems might bullied children have?
- What happens to people who have depression?
- Why do schools not act when one child physically hurts another?
- What advice would you have for someone who is bullied?
- Should bullied children just learn how to deal with bullies?

Spelling

- suffer from depression and xtneaiy
- 1.6 times more ykill
- child abseu
- a normal part of hdcoihld
- an lbtaienvei part of growing up
- serious long-term eqsecenncuos
- exam etsrslu
- serious lesnsiesl
- an biintylai to focus
- an expert on youth einvoce
- eiregtpnnv bullying
- how to ntuoaecmmic well

Answers – Synonym Match

1. g	2. d	3. a	4. c	5. i
6. b	7. e	8. j	9. h	10. f

Role Play

Role A – Bullying

You think bullying is the biggest thing children have to worry about. Tell the others three reasons why. Tell them why their things aren't such a cause of worry. Also, tell the others which is the least worrying of these (and why): exams, parents or money.

Role B – Exams

You think exams are the biggest thing children have to worry about. Tell the others three reasons why. Tell them why their things aren't such a cause of worry. Also, tell the others which is the least worrying of these (and why): bullying, parents or money.

Role C – Parents

You think parents are the biggest thing children have to worry about. Tell the others three reasons why. Tell them why their things aren't such a cause of worry. Also, tell the others which is the least worrying of these (and why): exams, bullying or money.

Role D – Money

You think money is the biggest thing children have to worry about. Tell the others three reasons why. Tell them why their things aren't such a cause of worry. Also, tell the others which is the least worrying of these (and why): exams, parents or bullying.

Speaking – Childhood

Rank these with your partner. Put the most difficult things at the top. Change partners often and share your rankings.

- bullying
- exam pressure
- homework
- parents
- boyfriends / girlfriends
- brothers and sisters
- money
- teachers

Answers – True False

a	F	b	T	c	T	d	F	e	F	f	F	g	T	h	T
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Answers to Phrase Match and Spelling are in the text.