



BBC WORLD SERVICE LEARNING ENGLISH

How to Deal with Bullies
如何对付恃强凌弱者

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Beyond the Playground 超越了校园操场

Read the text below and do the activity that follows.

阅读下面的短文，然后完成练习：

Most people remember bullies from their school days – the **unpleasant gang** demanding **dinner money** or the bigger child who **picks on** smaller, weaker kids.

But for some people the habit of bullying continues beyond their schooldays and into their working life.

The issue of bullying at work has become a **hot potato** recently in the UK after a **political row erupted** in which the UK Prime Minister Gordon Brown was accused in a book of bullying **aides** at **No 10**.

The PM denied making the **abusive outbursts** the book accused him of, but was then confronted with claims from an **anti-bullying charity** that **staff** from No 10 had called their **helpline**.

The resulting mess of accusations, denials and **resignations** has brought the subject of bullying into the public eye.

So what is bullying in the workplace? According to the experts, it takes many forms including being unfairly treated, **public humiliation**, being regularly threatened with the sack, and even **character assassination**.

And in the modern world the phenomenon of **cyberbullying** has evolved whereby bullies attack their victims on social-networking sites or send **menacing** text messages and emails.

So if you feel you are being bullied at work, what should you do?

The UK government's website suggests an informal approach first. Try getting advice from an employee representative like a **trade union official** or someone in the firm's **human resources department**.

Alternatively, you may also try talking to the bully who may not be aware of how their behaviour is affecting you.

If all else fails you may have to make a formal complaint using your employer's **grievance procedure** or even take **legal action**.

Glossary 词汇表

unpleasant gang 令人讨厌的群伙	dinner money 饭钱
picks on 挑拣	hot potato (热土豆) 比喻棘手的问题
political row erupted 爆发政治性争议	aides 助手
No 10 英国首相府	abusive outbursts 侮辱性怒骂 (某人)
anti-bullying charity 反欺弱者慈善组织	staff 工作人员
helpline 服务热线	resignations 辞职
public humiliation 公开的侮辱 (某人)	character assassination 对人格/品质的诋毁
cyberbullying 网络欺凌	menacing 威胁性
trade union official 工会官员	human resources department 人力资源部门
grievance procedure 申诉程序	legal action 法律行动

1. Reading Quiz 阅读测验

Are these sentences true or false? Circle the correct answer.

以下句子哪句是真?哪句是假? 请圈出正确答案。

1. Bullies are usually found among schoolchildren. **True / False**
2. But bullying can also occur in the workplace. **True / False**
3. Gordon Brown complained of being bullied. **True / False**
4. Cyberbullying is done by robots. **True / False**
5. If necessary you can take legal action against bullies. **True / False**

2. Food Idioms 食品成语

In the text we taught you the idiom 'hot potato'. Now match these adjectives with a food to make new idioms. Then put the correct idiom in the gap.

在本课文里大家学到了‘热土豆’这个成语。现在请大家试着把下表中的形容词和食品一一搭配，组成正确的成语。接着再用这些成语完成填空练习。

a. bad	1. grapes
b. big	2. egg
c. couch	3. potato
d. sour	4. beer
e. small	5. cheese

1. She is just being nasty because she's jealous that you got the job not her. It's a clear case of _____.
2. That's my boss, he's very high up in the company, he's the _____.
3. The money she makes at her part-time job is not a great amount, it's just _____. She really does it because she likes to keep busy.
4. He's such a big lazy _____. All he does is sit in front of the TV all day.
5. I don't trust John, he never has anything good to say about anyone, he's a real _____.

3. Jumbled Sentences 打乱词序的句子

Rearrange the words in the sentences below to make correct sentences.

请将下列句子中的单词重新排列，组成一个正确的句子。

1. bullies often schoolchildren steal from School other money.

2. often or smaller Younger bullies are children the of victims.

3. in most continue takes Although place later in schools it bullying can life.

4. forms bullied take workplace in the many can Being.

5. staff good A should protect employer its from bullies in office the.

6. stop are many a victim things can to the There bullying do.

4. Wordsearch 单词搜索

Try to find the words associated with school days in the puzzle below.

There are ten words to find. Words can be written horizontally (→), vertically (↓) or diagonally (↘)

请在下面的字谜游戏中，找出与校园时代有关的英语单词来。

共有10个单词，其组成方式可能以水平的(→) 垂直的(↓) 或对角的(↘)形式出现。

a	s	p	u	p	i	l	v	t	g	y	c
k	i	e	h	g	t	e	s	c	b	y	l
h	a	n	c	f	t	a	b	y	n	n	a
e	r	c	g	t	v	r	s	b	e	v	s
a	x	i	f	t	b	n	r	o	s	w	s
d	a	l	f	r	v	t	f	o	t	b	i
m	l	k	j	g	u	t	s	k	w	d	f
a	v	d	e	s	k	m	g	y	x	e	a
s	c	t	b	j	y	s	a	b	c	t	g
t	e	a	c	h	q	w	c	r	e	v	y
e	c	t	y	b	j	u	d	r	v	l	r
r	s	h	o	m	e	w	o	r	k	k	l

teach	pupil	desk	learn	homework
class	book	pencil	headmaster	bell

Answers 答案

1. Reading Quiz 阅读测验

Are these sentences true or false? Circle the correct answer.

以下句子哪句是真?哪句是假? 请圈出正确答案。

1. Bullies are usually found among schoolchildren. **True**
2. But bullying can also occur in the workplace. **True**
3. Gordon Brown complained of being bullied. **False**
4. Cyberbullying is done by robots. **False**
5. If necessary you can take legal action against bullies. **True**

3. Jumbled Sentences 打乱词序的句子

1. School bullies often steal money from other schoolchildren.
2. Younger or smaller children are often the victims of bullies.
3. Although most bullying takes place in schools it can continue in later life.
4. Being bullied in the workplace can take many forms.
5. A good employer should protect its staff from bullies in the office.
6. There are many things a victim can do to stop the bullying.

2. Food Idioms 食品成语

- a. 2
- b. 5
- c. 3
- d. 1
- e. 4

1. She is just being nasty because she's jealous that you got the job not her. It's a clear case of **sour grapes**.
2. That's my boss, he's very high up in the company, he's the **big cheese**.
3. The money she makes at her part-time job is not a great amount, it's just **small beer**. She really does it because she likes to keep busy.
4. He's such a big lazy **couch potato**. All he does is sit in front of the TV all day.
5. I don't trust John, he never has anything good to say about anyone, he's a real **bad egg**.

4. Wordsearch 单词搜索

		p	u	p	i	l				c
		e				e				l
h		n				a				a
e		c				r		b		s
a		i				n		o		s
d		l						o		
m								k		
a		d	e	s	k					
s								b		
t	e	a	c	h					e	
e										l
r		h	o	m	e	w	o	r	k	l