

Kids: Lingokids.

Lisa: Cowy, do you want to share my Hawaiian roll with Swiss cheese?

Cowy: Thanks, Lisa. My tummy does feel hungry now.

Lisa: Here you go. I'm sorry you don't have lunch.

Elliot: Cowy, I have some carrots you can share.

Billy: [chirps]

Speaker: Billy is offering you some seed snacks, Cowy?

Cowy: No, thanks, Billy. I'm not a big of a seed snack girl.

Speaker 1: It sounds like you are all having a lot of fun sharing lunch.

Lisa: Yes. Sharing feels much better than bullying.

Speaker: Welcome to Stories for Kids by Lingokids, where we discover fascinating facts about the world around us and the fun of play learning. Today, the friends discover that a lot of kids have experienced bullying at their school and beyond. They decide it's time to do something about it. Let's meet them back in the cafeteria to learn more about bullying and how to stop it.

Daniel: Hi.

Elliot: Oh, hi, Daniel.

Daniel: Hi. I heard you talking about bullying. I got bullied at camp.

Cowy: You did? I thought camp is supposed to be fun.

Elliot: Yes, what happened?

Daniel: This kid made fun of my long hair. He called me Shaggy. He kept saying it. I didn't like it, but I didn't know how to make him stop.

Lisa: Oh, man. That's mean.

Cowy: Hey, I got bullied for my hair, too.

Elliot: You did?

Cowy: Yes, when I cut my hair short, this group of kids in my gym class laughed at me in a mean way. They kept saying I looked like a boy.

Elliot: Hey, what's wrong with looking like a boy?

Lisa: Nothing. You can look any way you want to look.

Speaker: Sometimes bullying happens when someone looks, sounds, or acts a little

different.

Lisa: I didn't know that bullying was so everywhere.

Speaker: Yes, it is, Lisa. Bullying happens to a lot of kids. Lingokids listeners, have you ever been bullied or seen someone being bullied? What happened?

Lisa: Wow. It makes me feel sad that kids are getting bullied, and it makes me feel super-duper sad that I was bullying Cowy. This has to stop.

Cowy: Yes, we should stop it.

Lisa: Yes.

Cowy: How do we do it?

Speaker: I'm glad you asked, Cowy. There are many things you can do to stop bullying behavior. Do you want to learn a few tips?

Kids: Yes.

Lisa: Wait, I'm writing this down. What to do if you are being bullied.

Speaker: Tip number one, ignore the bully.

Cowy: Oh, but what does ignore mean?

Speaker: To ignore means to pretend you don't hear or just don't care at all.

Cowy: What if I do care?

Speaker: You can still pretend. It's kind of like a little trick.

Cowy: Does it work?

Speaker: Sometimes. When someone bullies, they are trying to make you upset. If you just ignore them, they might get sick of trying, and just stop.

Lisa: That sounds hard. Maybe we should practice.

Speaker: Good idea. Everyone, practice making a really bored face. Lingokids listeners, you can try too.

Lisa: One, two, three, act bored.

[making noises]

Speaker: Wow, you all look very bored.

Lisa: What is the next tip to stop bullies?

Speaker: Tip two, speak up.

Cowy: Oh. Like say, "Stop it."

Speaker: Yes, Cowy. There are lots of ways to speak up.

Elliot: You can say, "Why are you being mean?"

Speaker: That's a good one, Elliot. You can even pretend to act confused, like you don't understand.

Elliot: Oh, it's another trick.

Lisa: Oh. You could say, "What? I don't know what you mean."

Speaker: Exactly.

Cowy: What if it doesn't work?

Speaker: Then you should definitely use tip three-- Tell someone. If a bully does not stop, or anytime you need help, you can tell someone.

Cowy: Like a friend?

Speaker: Yes, it's great to tell a friend, but you might need help from a grownup, like a parent or a teacher.

Daniel: I wish I knew these tips at camp.

Cowy: I wish I knew these tips at gym class.

Lisa: I wish everyone knew these tips.

Billy: [chirps]

Speaker: Great idea, Billy. Billy says you should spread the news on how to stop bullying.

Lisa: Oh, I know. We should start a no-no-bully club.

Cowy: Okay.

Elliot: Good idea.

[bell rings]

Lisa: First, we need to finish the egg-drop experiment. Come on, everyone.

Speaker: Today, the friends learned three tips on what you can do if you are being bullied. Ignore it, speak up, and tell someone. They decided to start a no-no-bully club to help other kids deal with bullying. Let's find out how the club and the egg-drop experiment turn out in the fourth and final episode.

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