

Kids: Lingokids.

No, no bully

No, no way

We will speak up

We won't play

Billy: [chirps]

Speaker 1: Billy says he doesn't like the last part. He has another idea.

Lisa: No way. I think it's perfect.

Billy: [chirps]

Speaker 1: Billy disagrees. He thinks it should be every day.

Elliot: Interesting idea.

Cowy: Wait, are you guys bullying?

Speaker 1: Good question, Cowy. Billy and Lisa are disagreeing, but they are not bullying. Bullying is when someone is being mean on purpose over and over again. It's perfectly okay to disagree.

Cowy: Oh, but why should we do about our no, no bully chant?

Billy: [chirps]

Speaker 2: Okay, class, egg drop in two minutes.

Lisa: I guess our no, no bully chant will have to wait.

Speaker 1: 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 try out their egg drop experiment and practice their anti-bullying skills. Let's see how they do.

Elliot: Cowy, it's almost time.

Cowy: Okay. I just have to add three feathers.

Lisa: Oh, I hope our egg doesn't break. I really, really want to win.

Cowy: Win?

Speaker 1: Lisa, remember, this is an experiment, not a contest.

Lisa: I know, but I still want to win.

Speaker 2: Okay, everyone, hold your egg baskets over the edge of the deck.

Lisa: Let's go.

Cowy: Oh, boy.

Elliot: Yes. Here it goes.

Speaker 2: One, two, three, drop. Cool. Okay, class. Let's go down to the yard and see what happened.

Cowy: I can't look. I'm so nervous.

Elliot: I'll look. Oh-oh.

Lisa: What?

Elliot: I think our egg broke, but just a little. See the crack?

Lisa: I knew it, it was Cowy and her bad feather idea. Cowy, your ideas are no good.

Elliot: Lisa, don't say that about Cowy.

Billy: [chirps]

Speaker 1: Billy says it was an experiment, and it was fun.

Cowy: Lisa, why are you being mean?

Lisa: Mean? [gasps] I'm sorry. I just feel so disappointed. I feel mad.

Speaker 1: Lisa, remember, it's okay to feel all kinds of things, that's natural, but it's not okay to be mean.

Lisa: I know. I just forgot for a second. I'm sorry, Cowy. Thanks for reminding me.

Cowy: Okay, Lisa, but don't do it again.

Lisa: I won't, Cowy. I think I get it now.

Speaker 1: Elliot and Billy, you did a great job speaking up for your friend, Cowy. Cowy, you did a great job speaking up for yourself.

Cowy: It was easier because my friends didn't go along with it.

Lisa: Hey, that gives me an idea for our, No No Bully Club.

Cowy: What is it?

Lisa: We need tips for what to do if you see someone else getting bullied.

Cowy: Oh, I like that.

Billy: [chirps]

Speaker 1: Okay, let's do it. Lingokids listeners, what can you do to help if you see someone else being bullied?

Elliot: I have one. Don't join in.

Speaker 1: Good tip, Elliot. If someone is being mean, don't join in. Don't laugh, or nod, or even smile, that makes it seem like you're okay with what is happening.

Cowy: Oh, I know another one. Speak up.

Speaker 1: That's right, Cowy. You can say out loud that you don't agree or don't like what's happening.

Billy: [chirps]

Speaker 1: Billy has a question. What if you feel scared to speak up?

Elliot: Yes. I want to know that too.

Speaker 1: It's true that sometimes it can be hard to speak up. Any ideas how to help if you get too scared to speak up?

Lisa: Maybe you can be extra nice to the person who is bullied?

Speaker 1: Yes, Lisa, that's a good tip. You can reach out.

Elliot: Like reach out and touch them?

Speaker 1: No, Elliot. I mean, reach out by doing something nice to show you care.

Lisa: You could write a note.

Cowy: Or draw a picture.

Elliot: Or ask them to sit next to you at lunchtime?

Speaker 1: Yes. Those are all terrific ways to reach out. It's never too late to be a good friend. You can even tell them you're sorry you didn't say anything, but you were scared.

Lisa: Wait, these tips are so good. I need to write them down for the No No Bully Club. What to do if you see someone else being bullied.

Cowy: Tip 1, don't join.

Elliot: Tip 2, speak up.

Lisa: Tip 3, reach out.

Speaker 1: One more important tip, tell someone, you can always get help from a grown-up, or even just ask for advice.

Billy: [chirps]

Speaker 1: No, Billy, that is not tattling. Remember, tattling is about trying to get someone in trouble. Telling is about trying to help someone. It's always okay to ask for help.

Lisa: That makes sense. Okay. Tip 4, tell someone.

Elliot: Wow, we have a lot of good no, no bully tips.

Cowy: We should make a poster.

All kids: Yes.

Speaker 2: Hi, Cowy, Elliot, Lisa, and Billy, how did the egg drop experiment go for your group?

Lisa: Well, our egg broke.

Elliot: But just a little.

Speaker 2: I see. What did you learn from the experiment?

Lisa: So much. Look.

Speaker 2: Wow. That is an amazing poster. No No Bully Club.

Cowy: We made it together.

Speaker 2: I don't see any eggs on this poster.

Lisa: Well, yes.

Speaker 2: I do see some very important information. Would you like to share it with a class?

Cowy: Yes, and we have a chant too.

Billy: [chirps]

Speaker 2: Fantastic.

Speaker 1: Today, the friends shared the bullying tips they learned with their whole class. Bullying does happen, but if you have the right tools, there's a lot you can do to help stop it. If you or someone you know is being bullied, remember, you can always tell someone like a parent or teacher. You can also practice tips like ignoring, speaking up, and reaching out.

Lisa: Okay, everyone, ready to learn the no no bully chant?

All kids: Yes.

Speaker 1: Lingokids listeners, you can join in too.

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No, no way

We will speak up

We will speak up

Every day

Every day

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Every day.

[00:08:24] [END OF AUDIO]