

Weighted Comments

Written by Kelly Hashway

Ryan smiled as he placed his math test in his locker. He'd studied really hard and gotten an A. If only he could do that well in gym class. He kept his head lowered as he walked into the gym and got ready to play volleyball. When the ball came to him, he reached up to hit back over the net. The bottom of his shirt rose, exposing his stomach. He quickly tugged it back into place.

The girl next to him laughed. "You looked like a sumo wrestler when you just squared yourself under that ball."

A few others laughed, so Ryan smiled and turned back to the game. He swallowed hard and let the next ball get past him.

"Come on, Ryan. You should've had that," Tucker said.

The next time the ball came near Ryan, he dove to the side. He made the shot but ended up lying on the court.

Tucker laughed. "Nice shot, but you look like a beached whale!"

Ryan got up and took his place again, ignoring Tucker, but his pulse raced and he wanted to scream. He wished everyone would stop making comments about his weight.



Things

1.

2.

3.

4.

5.



PREVIEW

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When the girl next to Ryan says him a "sumo wrestler," Ryan smiles and turns back to the game. Why do you think he does this?

When Tucker makes a joke about Ryan's weight, Ryan ignores him. Is this a good idea? Explain.

What should Ryan do?

Teacher's Discussion Guide

Anti-Bullying Story: Read and Discuss

Weighted Comments

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Things to Discuss:

1. Is Ryan being bullied? Explain.

Yes. He is being bullied by others who are making fun of him about his weight.

2. List some words that describe how Ryan probably feels when others make jokes about his weight.

upset; frustrated; angry; mad; embarrassed

3.



~ PREVIEW ~

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4. When Tucker makes a joke about Ryan's weight, Ryan ignores him. Is this a good idea? Explain.

Ryan doesn't want to show that he's bothered by others' words. However, hiding his feelings isn't working in this situation. He should probably speak up and let his classmates know that he is upset by their comments. (However, this is not an excuse for their bullying.)

5. What should Ryan do?

He could turn to a friend, parent, or teacher for support and guidance. He could speak up and tell his classmates how he feels about their comments.