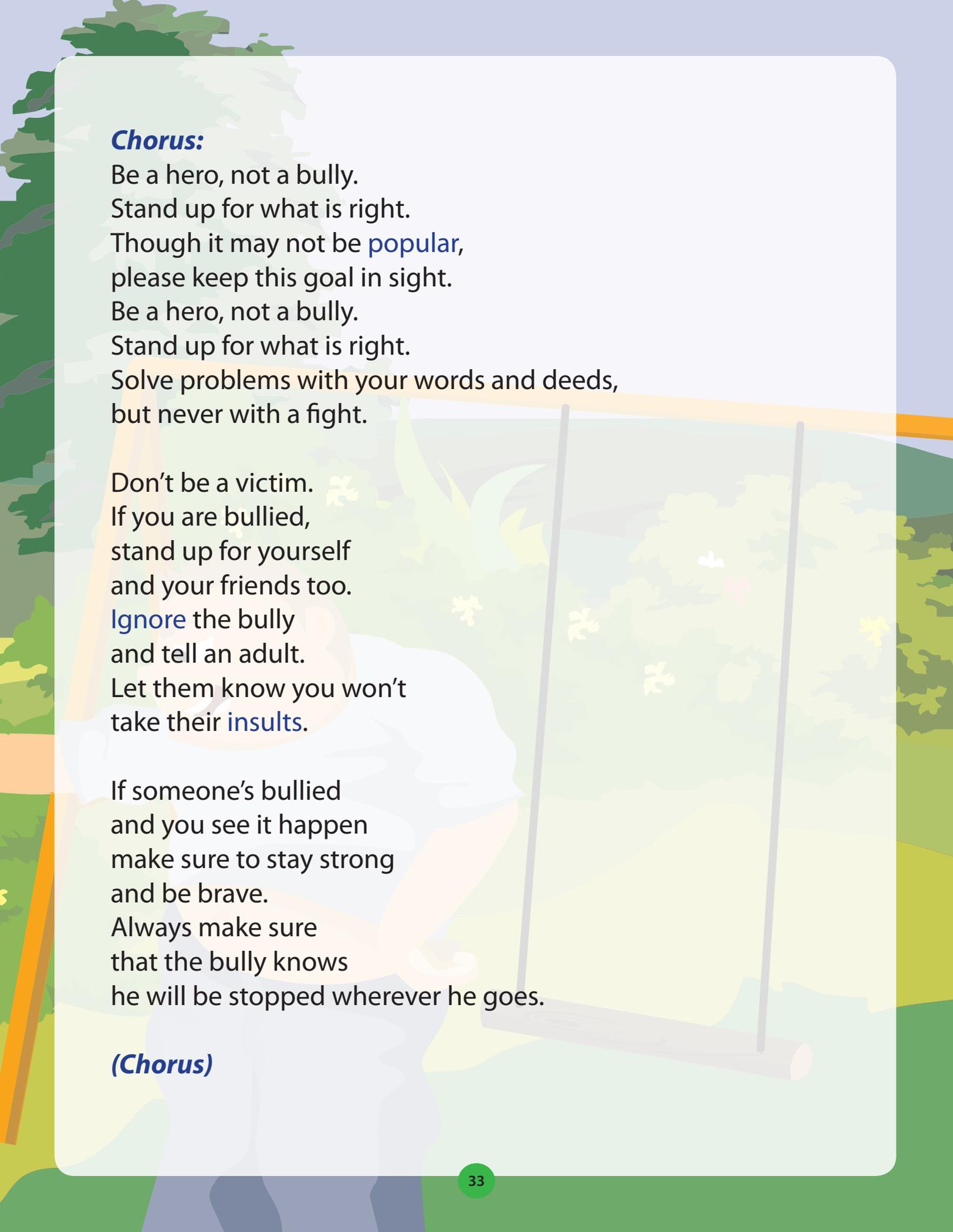


## Be a Hero, Not a Bully

### 1. Sing-Along and Read-Along with Me

What is a **bully**?  
A giant **coward**  
that picks on **victims**  
half their size;  
a **nasty** person  
who gets their power  
from seeing the fear  
in others' eyes.

What is a **hero**?  
A bully's worst fear.  
Heroes **stand up** for  
what they **hold dear**.  
They fight for what's right.  
They **defend** the weak-  
those without strength or  
**courage** to speak.

A stylized illustration of a child on a swing set in a park. The child is wearing a white shirt and is swinging on a wooden log seat. The background features green trees and a blue sky. The text is overlaid on a white rounded rectangle.

**Chorus:**

Be a hero, not a bully.  
Stand up for what is right.  
Though it may not be popular,  
please keep this goal in sight.  
Be a hero, not a bully.  
Stand up for what is right.  
Solve problems with your words and deeds,  
but never with a fight.

Don't be a victim.  
If you are bullied,  
stand up for yourself  
and your friends too.  
Ignore the bully  
and tell an adult.  
Let them know you won't  
take their insults.

If someone's bullied  
and you see it happen  
make sure to stay strong  
and be brave.  
Always make sure  
that the bully knows  
he will be stopped wherever he goes.

**(Chorus)**

## 2. Vocabulary

### Vocabulary

### Definition

1. Bully  
A person who uses strength to harm or intimidate others, usually those who are weaker
2. Coward  
A person who does not have the courage to do or endure dangerous or scary things
3. Victims (pl.)  
A person who is harmed, injured, or targeted as a result of a crime, accident, or other event
4. Nasty  
Very unpleasant or behaving in a mean, spiteful way
5. Hero  
A person who is admired or renowned for his or her courage, outstanding achievements, or righteous qualities
6. Stand up for  
To "stand up for" means to side with, defend, or aid someone who needs help
7. Hold dear  
To "hold dear" means to cherish, care for, or be attached to

## Vocabulary

## Definition

- |     |               |   |
|-----|---------------|---|
| 8.  | Defend        | To protect from something; to speak or write in favor of; to justify  |
| 9.  | Courage       | Strength while facing unpleasant or painful circumstances; the ability to go against something that frightens one   |
| 10. | Popular       | Particularly liked, admired, or enjoyed by a large group of people; a belief that is held by the majority of people |
| 11. | Deeds (pl.)   | An intentional action that is usually brave or noble  |
| 12. | Ignore        | To intentionally disregard someone or something; refuse to acknowledge  |
| 13. | Insults (pl.) | A disrespectful or abusive remark or action intended to hurt someone  |

### 3. Grammar Section

#### A. Who vs. Whom

Even native English speakers have difficulty determining when to use *who* and *whom*. The first way to determine this is to figure out if it is an object or a subject. For example:

- **Whom** is this for? (object)
- **Who** is going to her house? (subject)

The trick to remembering when to use *who* is if it can be answered with *he* or *she*. Notice that they all end in vowels. The trick to remembering when to use *whom* is if it can be answered with *him* or *her*, all ending in consonants. For example, answering the questions above:

- This is for **her**.
- **He** is going to her house.

The same rule applies for subordinate clauses. When it is a subject, use *who* or *whoever*. When it is an object, use *whom* or *whomever*. For example:

- Give it to whomever it is addressed to.
- Whoever is with her is who is going to her house.

#### 4. Story/Conversation

## Conversation

Taylor: I just saw something terrible, Justin.

Justin: What did you see, Taylor?

Taylor: Will was being bullied by another boy. He was the **victim** and nobody would stand up for him.

Justin: Why was he being bullied?

Taylor: He was called a **coward** for no reason and he did the right thing by **ignoring** the **bully's insults**.

Justin: Next time, someone needs to step up and **defend** in a situation like this. To have the **courage** to stand up for what you believe in makes you a true **hero**. It doesn't matter if you are **popular** because who really determines what is popular and what isn't?

Taylor: You're right. We must never treat anyone in a **nasty** way and we must **hold dear** the qualities that make up a true hero: loyalty, integrity, and intelligence.

Justin: Let's do all that we can to stop bullying.

Taylor: Let's do it!

## 5. Exercise

### 1. Circle It!

*Should these sentences use who or whom? Circle the correct answer.*

1. To who / whom does this belong to?
2. Who / Whom is going with me?
3. Does anyone know who / whom that is?
4. I bet she is the one who / whom will win.
5. Are there many people who / whom know?
6. To who / whom it may concern...

### 2. Opposites

*These sentences are written with either who or whom but they can be written with the opposite. Change these sentences by rewriting them on the line below using the opposite version of who. You may need to add, take out, or rearrange some words.*

1. Research should tell us who these people are.

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2. She is clueless as to who that is.

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3. Who is her guidance counselor?

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4. Whom are we taking this to?

---

5. Whom are you guys talking about?

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