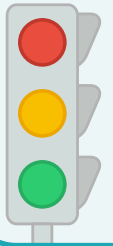


My Prophet صلى الله عليه وسلم Never Bullied Others



Learning Objectives

In this lesson, I will:



Define 'bullying' and its types

Explain why name-calling and mocking is not allowed

Describe what to do when I see someone being bullied



Key Words

Bullying

Abusive

Mocking

T Thinking Starter

How would you feel if you see a group of children picking on someone younger than them? What would you do?



Bullying

Bullying is when you hurt anyone with your words or your hands. Laughing at others, pointing out faults in their clothes, commenting on their skin colour, and excluding them from a group is also bullying.

Common types of bullying:



Physical

hitting, kicking and taking someone's things without asking them.



Verbal

name-calling, teasing and making fun of someone.



Emotional

telling lies about someone, making them feel left out and spreading rumours.

The Prophet صلى الله عليه وسلم said: "A Muslim is not a person who insults, curses, speaks rude words or is **abusive**." (Bukhari)

Always treat others how you would like to be treated.



Task 1

Be a Buddy, not a Bully

Sort out the phrases below into the correct columns.

You're a loser, nobody likes you!

Let me help you with that.

I wish you weren't in our class.

Would you like to play with us?

I heard that she cheated in the test.

I like sitting next to you.

You can't join our game.

You're very kind. May Allah bless you.

Let's hide her shoes.

You're so ugly.

The Bully	The Buddy



I will...

REACH OUT to others who are bullied,



SPEAK UP when I see bullying,

BE A FRIEND whenever I see bullying.



Name-Calling and Mocking

We are not allowed to call people by names they do not like or names that make them feel sad. The Prophet ﷺ would always call people with names that made them feel happy and loved.

Allah سبحانه وتعالى says: “O believers! Do not let men mock other men, they may be better than them, and do not let women mock other women, they may be better than them.” (Surah al-Hujurat: 11)

Mocking: Making fun of someone in a cruel way.



Did You Know?

When a bullied person makes a du‘a against a bully, Allah accepts it.



Task 2

You are guilty of bullying one of your classmates and he is very upset. You are sorry for what you have done. You have asked Allah to forgive you. **Now write a letter to your classmate and apologise to him.**

Dear _____ ,

From _____

What Should I Do if Someone Is Being Bullied?

If we ever see someone getting bullied, we should try to stop it. We can also stay near them or play with them to keep the bully away. We should advise the bully to stop or tell an older person. The Prophet صلى الله عليه وسلم said:



وَاللَّهُ فِي عَوْنِ الْعَبْدِ مَا كَانَ الْعَبْدُ فِي عَوْنِ أَخِيهِ

“Allah will help His servant as long as the servant helps his brother.” (Muslim)



Do you remember the hadith about loving for your brother what you love for yourself? (Hint: It's in Lesson 4)



Task 3

Encourage others to stop bullying. Use what you have learnt today to write an anti-bullying message that can be displayed on your school noticeboard.

I Act On What I Learn

I will always help anyone who is being bullied.

P Progress Check



1. What are some common types of bullying? ☐
2. Why is name-calling and mocking not allowed? ☐
3. How can you help someone who is being bullied? ☐