Get wise

You and me
Acknowledgements

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UNIT 1

Something happened
Feelings

Activity 1
Look at the photos above. What do you think?

Who is in the picture?
How do you think the young woman is feeling?
How do you think the older woman is feeling?
What do you think will happen next?

Activity 2
Watch the introduction to Unit 1 of the DVD.
Activity 3
Write each word from the box under the correct photo.

upset  concerned  angry  scared  confused  embarrassed

Example

She is ________________________.

1. She is ________________________.

2. She is ________________________.

3. She is ________________________.

4. She is ________________________.

5. She is ________________________.
Activity 4
Read.

Activity 5
Listen to the telephone conversation. Write each word from the box in the correct sentence.

speaking  after  Tuesday  check  make  This  What  have  How  Thursday  speak

Reception:  Good morning, English language school. ___________ can I help you?
Sissy:  Good morning. Can I ________________ to Theresa please?
Reception:  Yes. Just a minute.
Theresa:  Hello. Theresa ____________________________
Sissy:  Ah, hello, Theresa. ____________________________ is Sissy.
Theresa:  Hello Sissy. ____________________________ can I do for you?
Sissy:  Umm. I have a problem at school. Can I __________ an appointment with you?
Theresa:  Yes, of course. Just let me ______________ my appointment book.
Sissy:  Okay.
Theresa:  I __________ some time this week on Tuesday _____________ 4 or __________________ at 11. Are these times any good for you?
Sissy:  Umm. I think __________________ after 4 is fine. Thanks.
Theresa:  Good, Sissy. See you then.

Activity 6
Read the conversation aloud with another student.

If you think something is unfair at school you can talk to someone.
Okay. I’d like to talk to Theresa.
Activity 7
Look at the pictures.

Activity 8
Discuss with your class.

What do you think is happening in each pair of pictures?
Activity 9
Discuss the picture stories with your class. Look at each pair of pictures. Who is being unfair?

1. You shouldn’t dress like that
   He can’t speak to me like that!

2. We’re not sitting with him. He smells like cigarettes.
   They don’t like me because I’m not from their country.

3. Are you sisters?
   Is she stupid?

4. Hi shorty!
   He says the same thing every day. It’s not funny.
Activity 10
Read the notice and discuss with your class. Then answer the questions below.

Grievance procedure

If you think someone is treating you unfairly, you can take these steps:

Step 1: Talk to your teacher about your complaint. Your teacher may be able to help you fix the problem immediately.

Step 2: If your teacher can’t help you, go to reception and ask to speak to the manager of your language centre.

Learning tip
A grievance is a complaint about unfair treatment.

Example

What is the notice about? a grievance procedure

1. When should you take these steps? ________________________________

2. Who should you talk to first? ________________________________

3. Why should you do this? ________________________________

4. What should you do if your teacher can’t help? ________________________________

5. Who should you ask for at reception? ________________________________


Activity 11
Write the words and phrases in the correct order to tell Anna about a complaint.

Example
a problem I a classmate have with
I have a problem with a classmate.

1. like a problem about in class I’d to you to talk
   ____________________________.

2. something? I to you Can about talk
   ____________________________?

3. class? talk Can I to you after
   ____________________________?

4. a complaint to make I’d like
   ____________________________.
Sissy’s story

Activity 12

Watch Unit 1 of the DVD.

Activity 13

Circle True or False.

Sissy really likes her English class.

1. Anna thinks Sissy has a problem at home. True False
2. At first Sissy liked Ari. True False
3. Ari kept looking at Sissy and standing close. True False
4. Sissy wanted to dance with Ari. True False
5. Sissy is scared of Ari. True False
6. Sissy wants to see Ari again. True False
7. Theresa says Sissy is harassing Ari. True False

Example
Activity 14
Write each word from the box in the correct sentence. The words have been started for you.

Example
Sissy has a ______ problem at school.

1. Anna, her teacher, thinks Sissy ________ make a _______ complaint about her problem.

2. She asks Sissy to talk to _______ at school.

3. Then Sissy talks to Theresa, the counsellor, about her _______ with Ari.

4. Sissy thinks Ari is treating her _______.

5. Sissy _______ want to be in class with him.

6. Theresa thinks Ari is _______ Sissy.

7. Theresa _______ to talk to Ari about the problem.

Activity 15
Copy three sentences from Activity 14.

1. 

2. 

3. 
Positive communication

Activity 16
Discuss the pictures from the DVD.
Circle the answer you think Sissy should give.

1. a. Get lost!
b. I’m sorry, but I don’t think that’s funny.
c. I have to go.
d. Nothing.

2. a. Stop staring at me!
b. I don’t like it when you do that.
c. Excuse me.
   (And then walk away.)
d. Nothing.

3. a. Ari, just leave me alone.
b. I don’t want to dance with you right now.
c. I’m sorry, Ari, but I’m dancing with my friends.
d. Nothing.

4. a. Stop it. Leave me alone.
b. Ari, I have a headache. Excuse me.
c. Ari, I feel uncomfortable. You are too close.
d. Nothing.
Activity 17
Read.

Activity 18
Talk with your teacher and class.

When do you feel upset? What do you do?
When do you feel angry? What do you do?
When do you feel confused? What do you do?
When do you feel embarrassed? What do you do?

Activity 19
Talk with a group. Write what you can say.

Example
I feel embarrassed when people stare at me.

1. I feel upset when
2. I feel angry when
3. I feel confused when
4. I feel embarrassed when

Learning tip
It’s okay to say something if you feel uncomfortable. It’s a good idea to say how you feel first, then say what makes you uncomfortable.
Activity 20

Read and tick the answer you like best. There are no correct answers. Then discuss with your class.

1. If Sissy says, ‘Stop staring at me!’
   will Ari:
   □ be surprised?
   □ be angry?
   □ understand she doesn’t like him?
   □ think she is funny?

2. If Sissy says nothing, will Ari think:
   □ everything is okay?
   □ she likes him?
   □ she is quiet?
   □ he is funny?

3. If Sissy says, ‘I feel uncomfortable’,
   will Ari be:
   □ surprised?
   □ embarrassed?
   □ sorry?
   □ happy?

4. If Sissy walks away, will Ari be:
   □ surprised?
   □ happy?
   □ confused?
   □ angry?

Learning tip

In Australia, there are people from many different countries. What is polite in one language or culture can be impolite in another language.
Activity 21
Read.

We can add un- to many adjectives to change a word to the opposite meaning.

happy unhappy

Activity 22
Write the opposites in the box.

<table>
<thead>
<tr>
<th>Example</th>
<th>Unhappy</th>
</tr>
</thead>
<tbody>
<tr>
<td>happy</td>
<td>unhappy</td>
</tr>
<tr>
<td></td>
<td>unwelcome</td>
</tr>
<tr>
<td>friendly</td>
<td>unwell</td>
</tr>
<tr>
<td>necessary</td>
<td>uncool</td>
</tr>
<tr>
<td>interesting</td>
<td>unfair</td>
</tr>
<tr>
<td>wanted</td>
<td>unripe</td>
</tr>
<tr>
<td>salted</td>
<td>unopen</td>
</tr>
</tbody>
</table>

Learning tip

There are also other ways to change adjectives to their opposite meaning. For example, you can add: in-, dis- or im- to certain words. Talk to your teacher about these.
Unit 1  Something happened

Activity 23

Listen and read.

One-syllable words
scared  wrong  too  fair

Two-syllable words
busy  friend  ly  sex  y  un  cool

Three-syllable words
harrass  un  ha  ppy  pos  i  tive

Four-syllable words
intro duc  tion  ac  tiv  i  ty

Learning tip

Sometimes English words can have more than one pronunciation. For example, comfortable, January and dictionary can have three syllables or four syllables.

Activity 24

Listen and write each word from the box under the correct heading.

- cool
harass  unfair  unfriendly  popular  embarrassed
behaviour  joke  unclean  good  welcome

<table>
<thead>
<tr>
<th>One-syllable words</th>
<th>Two-syllable words</th>
<th>Three-syllable words</th>
</tr>
</thead>
<tbody>
<tr>
<td>Example</td>
<td>cool</td>
<td></td>
</tr>
</tbody>
</table>
Who can you talk to?

Learning tip
Remember, if you have a problem in class, you can tell your teacher. If your teacher can’t help, he or she can refer you to someone else.

Activity 25
Ask four people these questions and write their answers. Then write about yourself.

<table>
<thead>
<tr>
<th>Name</th>
<th>feel sad?</th>
<th>feel happy?</th>
<th>have a problem?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Example</td>
<td>I talk to my sister.</td>
<td>I talk to my friends in class.</td>
<td>I don't have anyone to talk to.</td>
</tr>
<tr>
<td>Karla</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>You</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Learning tip
Every state in Australia has a special organisation to help refugees. These organisations are part of the Forum of Australian Services for Survivors of Torture and Trauma (FASSTT). If you would like to find an organisation in your state, ask your teacher to help you.
### Activity 26

Look at the magazine quiz below. Tick a box for each question, then work out your score. Discuss your answers with another student.

<table>
<thead>
<tr>
<th>Question</th>
<th>Answers</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. How often do you ask for help from your teacher when you feel confused?</td>
<td>□ always □ sometimes □ never</td>
</tr>
<tr>
<td>2. How often do you ask for help from your friends when you have no money?</td>
<td>□ always □ sometimes □ never</td>
</tr>
<tr>
<td>3. How often do you tell friends when they upset you?</td>
<td>□ always □ sometimes □ never</td>
</tr>
<tr>
<td>4. How often do you tell friends when you disagree with them?</td>
<td>□ always □ sometimes □ never</td>
</tr>
<tr>
<td>5. How often do you tell friends how you feel when they are late?</td>
<td>□ always □ sometimes □ never</td>
</tr>
<tr>
<td>6. How often do you say no when friends ask you to do something you don’t want to do?</td>
<td>□ always □ sometimes □ never</td>
</tr>
<tr>
<td>7. How often do you say no when friends want to copy your work in a test?</td>
<td>□ always □ sometimes □ never</td>
</tr>
</tbody>
</table>

**How to score:**

For each question, give:

- 0 points for **never**
- 1 point for **sometimes**
- 2 points for **always**

- **10–14 points:** You communicate well with others.
- **6–9 points:** Try being a little more open with friends.
- **0–5 points:** Life could be easier for you if you told people how you feel.
Asking for help

Activity 27
Match each phrase on the left with the correct answer on the right.

<table>
<thead>
<tr>
<th>What can you say when you want to ...</th>
<th>I can say,</th>
</tr>
</thead>
</table>
| Example
  ask for help from your teacher when you feel confused? | a. No. I’m sorry. I don’t agree with you. |
| 1. ask for help from your friends when you have no money? | b. I feel confused. Can you help me? |
| 2. tell friends when you disagree with them? | c. No. I’m sorry. I don’t feel comfortable. I don’t want to do that. |
| 3. tell friends how you feel when they are late? | d. I have a problem. I don’t have enough money for this. Can you help me? |
| 4. say no, when friends ask you to do something you don’t want to do? | e. I’m sorry. I feel upset when you ask to copy my test. |
| 5. say no, when friends want to copy your work in a test? | f. I feel upset when you are late. |

Activity 28
Write three sentences from Activity 27.

Example
I feel confused. Can you help me?

1. ____________________________
2. ____________________________
3. ____________________________
Activity 29
Complete the sentences with too, really or so. Then discuss your answers with another student.

1. You use too when something is more than you want. For example: I can’t drink this coffee. It’s too hot.

2. The music is ______ loud.

3. This party is ______ good.

4. This mobile is ______ expensive.

5. This bowl is ______ full.

Learning tip
You use too when something is more than you want. For example: I can’t drink this coffee. It’s too hot. I’m sorry, I can’t hear you. You’re speaking too softly.
Activity 30
Read.

Activity 31
Give your opinion. Complete the sentences with too, really, so or not. There are no correct answers. Then discuss some of your opinions with another student.

1. Australia is ____________________________ big.
2. Learning English is ____________________________ hard.
3. Cars are ____________________________ expensive.
4. Australian television is ____________________________ violent.
5. Computers are ____________________________ boring.
6. Australian girls’ clothes are ____________________________ sexy.
7. Australian streets are ____________________________ quiet at night.
8. Australian people are ____________________________ friendly.
9. Public transport in Australia is ____________________________ unsafe.
10. Mobile phones are ____________________________ annoying.
11. Aussie Rules football is ____________________________ confusing.
12. Rugby is ____________________________ violent.
Polite disagreement

Activity 32

Listen to the conversation. Write each word from the box in the correct sentence.

know  Look  Well  talk
whole  agree  think  possible

Example

Anna: Theresa, I _________ we should put Sissy in a different class as soon as _________.

Theresa: Um, I don’t _________ about that. I’d like to _________ to Ari first.

Anna: _________, if we want Sissy to come back maybe he has to stop coming to class.

Theresa: _________, Anna, I know you’re worried about Sissy, but I want to hear the _________ story first.

Anna: Okay. I’m not sure I _________ with you but I’ll wait.

People have different opinions. It is okay to disagree with someone, but it is better to disagree politely. This way you don’t offend the other person. To disagree politely you need to use more words. For example:

Instead of: You can say:
I don’t agree. Well, I’m not so sure I agree.
That’s not right. Um, I don’t know about that.
Activity 33
Listen and read. Then tick (✓) what each person says to disagree politely.

Example
Aussie Rules is the best football game.

[Images of people]

- Rubbish!
- What! How can you say that?
- Well, I don’t know about that.
- You don’t understand the game.

Mobile phones are too expensive.

- What are you talking about?
- I don’t agree.
- Nonsense.
- Well, it depends.

Computers are boring.

- They are not.
- What makes you say that?
- You don’t know how to use one.
- Get real!

Cars are too expensive in Australia.

- Well, I think some are.
- That’s not right.
- You don’t know what you’re talking about.
- You’re wrong!

Activity 34
Read the sentences and answers in Activity 33 aloud with another student.
Activity 35

Look for each word from the box in the word puzzle and circle it. Some words read down ↓ and some read across →.

boring    could    offend    should    unfair

comfortable    disagree    polite    stare    unsafe

complaint    grievance    positive    treatment    uninvited

concerned    harassing    problem    uncool    upset

What does Sissy think Ari is doing?

To find out, highlight the unused letters from the top left corner to the bottom right corner. Write them below.

Sissy thinks Ari is __________  ________  ________  ________  ________  ________.
Activity 36

1. Talk to a good friend or someone in your family. Ask the questions below. Tick one answer for each question.

<table>
<thead>
<tr>
<th>Do you...?</th>
<th>Always</th>
<th>Sometimes</th>
<th>Never</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ask for help from your teacher when you feel confused?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ask for help from your friends when you have no money?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tell friends when they upset you?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tell friends when you disagree with them?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tell friends how you feel when they are late?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Say no when friends ask you to do something you don’t want to do?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Say no when friends want to copy your work in a test?</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

2. Look at the answers together and then discuss the questions below.

Do you think you should talk more openly about your feelings?
Do you think you should tell people when you don’t want to do something?

About your learning

Activity 37

Read the sentences below. Tick (√) the correct boxes for yourself.

| I know I can talk to my teacher if I think I have a complaint. | Not much | A little | A lot |
|______________________________________________________________|----------|---------|-------|
| I know how to talk about my feelings.                         |          |         |       |
| I know how to disagree politely.                              |          |         |       |
UNIT 2

What did I do wrong?
Activity 38
Look at the photo above. What do you think?
Who is in the picture?
Where are they?
How does the young man feel?
What do you think will happen next?

Activity 39
Watch the introduction to Unit 2 of the DVD.
Activity 40
Complete the information below.

Relationships I have in my life

Example

In my AMEP centre: my teachers, my classmates, the reception staff

In my family: ____________________________________________________________

In my street: ____________________________________________________________

In my church/mosque/temple: ____________________________________________

In my community: _______________________________________________________

People I live with: _______________________________________________________

My friends: _____________________________________________________________

Activity 41
Read the examples of respectful behaviour. Tick the ones you do.

☐ I try not to yell at my parents even if they yell at me.
☐ I try to help my classmates when they ask me.
☐ I try to listen carefully when my friends talk to me.
☐ I try not to be late when I’m meeting my friends.
☐ If I can’t do my homework, I tell my teacher why.
☐ If I borrow something from my friend, I try to return it quickly.

Learning tip

Respect means treating people the way you want them to treat you.
It is very important in all relationships.

Activity 42
Discuss other examples of respectful behaviour with your class.
Activity 43

Discuss the questions with your class.

1. Who do you respect?
   - Parents, grandparents, community leaders, religious leaders
   - Film stars, singers, writers
   - Sport stars

2. What do you do to show respect to people you know?
3. In Australia people often show respect by looking in each other’s eyes. Is it the same in your culture?
4. How do you want others to show that they respect you?

Activity 44

Listen and tick the correct answer.

1. In Australian primary and high schools, students usually call their teachers
   [ ] by their first name.
   [ ] sir or madam.
   [ ] Mr, Mrs or Ms and then the surname.

2. In adult classes, students call their teachers
   [ ] by their first name.
   [ ] sir or madam.
   [ ] Mr, Mrs or Ms and then the surname.

3. In the workplace, workers call other workers
   [ ] by their first name.
   [ ] sir or madam.
   [ ] Mr, Mrs or Ms and then the surname.

4. In the workplace workers often call their boss
   [ ] by their first name.
   [ ] sir or madam.
   [ ] Mr, Mrs or Ms and then the surname.
Activity 45
Work with a partner. Tick the things that show respect. Sometimes there is more than one correct answer.

How to show respect in your AMEP class.

1. Showing respect to your teacher
   - Don’t look at your teacher when you answer.
   - Call your teacher ‘teacher’ or ‘sir’ or ‘madam’.
   - Stand up when your teacher talks to you.
   - Look at your teacher’s face when you answer him or her.
   - Always say ‘Yes’, even when you are not sure.
   - Don’t ask questions.

2. Showing respect at the beginning of a lesson
   - Arrive on time.
   - Stand and wait.
   - Have your pen, books and paper on the table.
   - Start writing everything from the board.
   - Turn off your mobile.
   - Bring presents.

3. Showing respect when you don’t understand your teacher
   - Smile and nod.
   - Ask, ‘What do you mean?’
   - Say, ‘Sorry, but I don’t understand. Can you explain?’
   - Say, ‘Huh?’
   - Say nothing.
   - Wait till the class has finished, then ask.

4. Showing respect to your classmates
   - Don’t take anything without asking.
   - Use bad language if someone upsets you.
   - Only talk to people who speak your language.
   - Only sit with people from your community.
   - Copy from the best student.
Activity 46
Write your opinion. Then discuss with two other students.

1. To show respect when your teacher talks to you, you should:
   - 
   - 
   - 

2. To show respect when your teacher starts the lesson you should:
   - 
   - 
   - 

3. To show respect when you don’t understand, you should:
   - 
   - 
   - 

4. To show respect to your classmates, you should:
   - 
   - 
   - 

Hi Ari. Can you come and see me in my office?
Yes. Sure, Theresa. What time?