



UNDERSTANDING BULLYING

“Bullying is the misuse of power in relationships through repeated physical, verbal, relational or social abuse, which can cause emotional, physical and psychological harm to the person who gets bullied.”

The misuse of power comes from an individual or a group on another individual or group who find it difficult to stop it. The person who misuses this power is a ‘bully’ and the person who gets bullied is a ‘victim of bullying’. These days it has become very common in schools. Children are seen laughing and making fun of each other, calling their classmates names also.

Some students bully other students thinking they appear cool while doing so and it makes them popular. They do this for attention seeking as well. Sometimes they themselves have been bullied earlier.

The most common types of bullying, and measures that can be taken by the parents, teachers, administrators and the victims, are discussed here at school and lastly the bullying policy as per the CBSE Guidelines.

TYPES OF BULLYING:

- Verbal Bullying – Includes insulting, teasing, passing inappropriate remarks or loose comments, verbally abusing and name calling.
- Physical Bullying – Includes hitting, pushing, kicking, pinching, throwing something at the victim and damaging the victim’s things.
- Social Bullying – Spreading rumors about the victim to harm their reputation, cornering them and encouraging others to do so, making negative expressions or making inappropriate gestures and mocking them.
- Cyber Bullying – Cyber bullying is a type of bullying that uses technology as its main weapon to harm someone intentionally. It includes abusive or hurtful texts, photo shopping images of someone whose reputation they wish to tarnish, using the victim’s login by hacking it and posting illegal or inappropriate images, videos or links, commenting abuses on someone’s posts etc.
- **Below are some steps that can be taken by teachers and administrators to control bullying at school:**
- Observe – Teachers and administrators should be more observant in areas like bathrooms, assembly halls, playground, school buses and canteen as bullying generally takes place in such areas most of the time. If a teacher observes any kind of bullying in the class, then he or she must immediately stop it.
- Inform – They need to remind students frequently that bullying is not an acceptable behaviour in school or anywhere else. They should mention the consequences of bullying and the anti-bullying policy to the students as well.

- Help – If teachers find children, who are cornered and lonely, they can help them to make friends by assigning them duties or making them sit with other classmates so that they are not subjected to bully. If a teacher finds out that a child is being bullied he or she needs to inform them about the anti-bullying policy and reporting structure. The child can further be sent to the school counselor.

Below are some steps that can be taken by the parents:

- Educate – Educating children at an early age about bullying is very important; since many children do not understand that a certain behavior can be extremely hurtful, uncomfortable or inappropriate to someone. Another thing is to educate them about cyber bullying. Creating boundaries with technology is very important.
- Communicate - If parents feel that their children are being bullied, they must have an open discussion with their children. Parents should let their children know that they are always there for them and will help them.
- Learning – Parents can help their children in learning assertive strategies at home to deal with bullies.

Below are mentioned some steps that the victim or the victim's classmate can take:

- Reach out to a trusted adult and share whatever you or your classmate has gone through with them.
- Try to walk away or ignore the bullies if you see them approaching towards you.
- Talk to them without being angry or fearful and appear more confident.
- Inform them about the anti-bullying policy of the school and its consequences.
- Surround yourself with good friends.
- Share anything inappropriate that has happened to you or your classmate with your class teacher.

With best wishes,
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