A BULLY FREE CLASSROOM

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Bullying is one of the concerns in schools not only in the Philippines but as well as in other countries. It can threaten students’ physical and emotional safety at school and can negatively impact their ability to learn.

As defined, is unwanted, aggressive behavior among school aged children that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time. Both kids who are bullied and who bully others may have serious, lasting problems.

This may happen in going to the canteen during recess, inside the comfort room, along hallways, in the waiting area or somewhere else within the school. This may be physical or verbal which includes actions such as making threats, spreading rumors, attacking someone physically or verbally, and excluding someone from a group on purpose.

I know you will agree if I say that it is indeed hard to put tons of patience and understanding towards these kinds of pupils. But why do we have to put these types of children into concern? What shall we do to cure their bullying?

The best way to address bullying is to stop it before it starts. Here are some suggestions that may help you if you found out that you have a misbehaving pupil as well to prevent them from threatening others.

• Develop, post, and discuss rules and sanctions related to bullying.
• Treat students and each other with warmth and respect. Demonstrate positive interest and involvement in your students.

• Establish yourself as a clear and visible authority with responsibility for making the school experience safe and positive.

• Reward students for positive, inclusive behavior.

• Take immediate action when bullying is observed and consistently use nonphysical, non-hostile negative consequences when rules are broken.

• Listen to parents and students who report bullying in your classroom. Quickly and effectively resolve the issue to avoid perpetuation of bullying behaviors.

• Notify parents of all involved students when a bullying incident occurs, and resolve the problem expeditiously, according to discipline plans at school.

• Refer students affected by bullying to school counseling or mental health staff, if needed.

• Protect students who are bullied with a safety plan.

• Hold class meetings during which students can talk about bullying and peer relations.

• Provide information to parents about bullying behaviors and encourage their involvement and support in addressing bullying issues.
As a manager inside the classroom, you can create a mission statement, code of conduct, classroom rules and a bullying reporting system. These establish a climate in which bullying is not acceptable.

Establish culture of acceptance, tolerance and respect. Reinforce positive social interactions and inclusiveness. Seek help from the parents through meetings with the parents.

Providing a safe learning environment is an important part of the mission to reduce bullying. It is also a factor to develop an effective teaching-learning process.

References:

https://www.stopbullying.gov/what-is-bullying/definition/index.html
http://www.violencepreventionworks.org/public/bullying_tips_for_teachers.page