BULLYING

by:
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Bullying was, is, and as I predict, will still be one of the main problems of students in the future if there will be no firm action done.

There may not be one child who hasn’t experienced bullying throughout their school days. According to an article entitled “What is Bullying”, bullying 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. Bullying may be just as simple as name calling, but it can affect a child in more ways than you can imagine.

Bullying comes in many forms. Physical, verbal, and cyber bullying are just some forms that may affect a child mentally or psychologically, emotionally, and physically. Bullying usually starts with just jokes until it becomes worse. Cases come in mild verbal banter, and some worse cases come in physically harming the bullied, humiliation and shaming personalities on social media. These cases may, alarmingly, lead to suicide.

Schools may try as they may, but as it seems, bullying is not easily diminished just by putting up posters of anti-bullying. Republic Act 10627 or the Anti-Bullying Act of 2013, signed by then-President Benigno Aquino III, mandates all elementary and secondary schools to adopt policies to prevent and address the acts of bullying in their institutions. Symposia on Anti-Bullying might be a bit effective on lessening the incidents, but it still isn’t enough.
Although the school is open for any reports of bullying to be solved, one of the reasons that bullied students don’t come for help is fear. They fear that if they tell their teachers, worse things may happen. Another reason is shame, shame to be bullied, and shame of being a ‘coward’ for telling a teacher. But these mindsets are wrong. The teachers are there to give support and help the bullied students such that those incidents will be stopped, and the bullies be given the right penalty or punishment. And telling a teacher is not cowardice. In fact, telling a teacher of your situation is a form of bravery, such that they are courageous to inform the right authorities of their situations.

However, aside from the bullied students, it is the teachers’ role to also make an effort to understand the bullies. As they are, bullies also have reasons why they do such things. They may have personal problems that they keep, and they use bullying as a channel to release their frustrations. Or maybe they have behavioral problems. Or maybe they just wanted attention and sought for the negative way of expressing it. As much as the bullied students, bullies should also be understood why they do it, and helped to clear bullying from their system. This may be done through counseling, deep personal talks with teachers, and support.

And these actions must be done with a heart and compassion. Students will not be able to feel comfortable to talk with an apathetic listener. Just being there to listen wholeheartedly, giving advices when asked, making them see the evil of bullying, and helping the students cope with whatever they are facing, these are all already a huge help to the students. With these come the results of building trust among the teachers and students, teaching them to be sympathetic, empathetic and compassionate to their peers, and bullying may be lessened more than you imagine.

As it is, many students are still victims of such evil. If there will not be firmer action done regarding these cases, bullying may just be forever a problem of schools.
References:
