BULLYING IN SCHOOLS

by:
Monaliza D. Perez
Teacher III, Morong Elementary School

Schools are supposed to be a safe place for children where they learn, develop their values, and interact with their peers. However, schools have also become a home for the bullies. Children might not be aware that their simple but constant teasing with their classmates may actually be considered as bullying. That’s why it is a must to raise awareness and educate children, as early as possible, about the concept of bullying.

Most bullies see or suffer from physical, emotional or verbal abuse in their homes and that could be the reason why they are bullying other children in their age or younger in schools. They do and follow the examples their parents are showing to their peers because they thought it was right or they want others to feel the pain that they are feeling. Another reason could be that they feel neglected by their parents so they bully others to catch their attention. Most families today have both parents working, which leaves their children alone in the care of others. Most children from these kind of families often feel alone because of the lack of presence of their parents.

However, bullying doesn’t only stop at physical, emotional or verbal abuse, it has also infiltrated into social media. A lot of students nowadays have access to the internet and uses this as a medium of bullying by making undesirable posts against other students to taint their reputation. Because of bullying, a lot of victims have gotten traumatized about the idea of going to schools. Most of these victims may still be attending schools but most of them often have low self-esteem and afraid of speaking up. And some of them even became bullies themselves.
Although the Anti-Bullying Act has been signed and established for years now, bullying has always been an issue. There are still schools who aren’t implementing this law strictly. There are still bullies looking for their targets and there are still victims who are suffering. Bullying has been there for years and it is not easy to stop but there is still a way to prevent or lessen its cases. The first step of prevention and awareness should build up from home by good parenting. Parents should set a good example to their children. For those who are often away from their children, they should at least make a time for their kids so they wouldn’t feel neglected and forgotten. Also, TV shows who focus on bullying and show it as a kind of humor should be abolished because bullying shouldn’t be taken as a joke. It makes it harder to teach children how wrong bullying is when the society itself tolerates it. School staff, faculty, and even students should also take action and do their part by reporting any act of bullying that they witness or hear about, no matter what kind of bullying it is. Taking action and doing something to resolve this problem helps making a school a safe for everyone.

References:

https://ph.theasianparent.com/anti-bullying-act-schools/