BULLYING MUST STOP...ACT NOW OR REGRET LATER?

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They say it’s simply teasing, but it still hurts’’....

Teasing is usually a part of growing up – nearly each kid experiences it. But it isn’t always as simple as it seems. Teasing becomes bullying once it’s repetitive or once there’s an acutely aware intent to harm another kid.

It square measure usually verbal bullying (name-calling, making threats), psychological bullying (excluding children, spreading rumors), or physical bullying (hitting, pushing, taking a child’s possession) and the recent is cyberbullying (cyber-stalking, sexting, defamation) which is frequently happening nowadays by abusing the internet to provoke or offend others online. It is often an extension of face-to-face bullying with technology providing the bully with another route to harass their target.

Researches estimate that 20 to 30 percent of school age children are involved in bullying incidents, as either perpetrators or victims. According to the consolidated report of the Department of Education, bullying cases on elementary and high school of both private and public schools on 2014 rose by 21% or a total of 6,363 cases, compare with 5,236 on 2013. This interprets to thirty one daily bullying cases from a divisor of 201 school time. Bullying can begin as early as preschool and intensify during transitional stages, such as starting school in 1st grade or going into middle school.

There are many effects of bullying, the person who is victim/target of bullying can feel afraid, stressed, depressed or anxious. Have thoughts about suicide or hurting themselves. Have trouble with their school works and also have problems with mood, energy level and sleep.
Being bullied is not easy. Many bullies are a lot alike; they like to be in control of others, they are focused on themselves, they might not care about people or lack of empathy and most especially they are often insecure and bully others to make themselves feel better. They think of themselves as superior not knowing and realizing that they are already degrading and humiliating others.

Victims of bullying on the other hand, are often shy and tend to be physically weaker than their peers. They may also have low self-esteem and unable to socialize. They can’t stand up for themselves and keep all their pains inside.

As adults, we are called to be aware and alert in identifying children who are victims of teasing or bullying, and suggested to look for these signs of stress:

- Frequently emotional that leads to frequent crying
- Always passive or withdrawal from any activities
- Poor academic performance
- Not wanting to go to school
- Recurrent complaints of physical symptoms such as headaches or stomach-aches with no apparent cause
- Unexplained bruises
- Unfriendly

How to help these children who are victims of bullying?

- First, give your child space to talk. Be empathetic as you listen to him/her as she recounts incidences of teasing or bullying. You may use stuffed toys, puppets, or dolls to encourage a young child to act out problems.

- Role-play things and teach your kid ways in which to reply.

You might also need to help your child find a way to move on by encouraging her to reach out and make new friends.

- At school: Implement the Anti-bullying policy. Your anti-bullying program must be designed to raise awareness of bullying behavior and to help parents and teachers deal effectively with it.

- If you see that the problem is still there, or the teacher ignores your concerns, and the child starts to withdraw or not want to go to school, consider the possibility of “therapeutic
intervention.” Raise to fulfill with the guidance counselor or medical professionals, or request a referral to the acceptable faculty skilled.

The best way to prevent it is to treat it as a whole school community issue and make sure that our children know that, no matter what its form, all bullying is wrong and will not be tolerated. As President Barack Obama aforesaid, “Every people deserves the liberty to pursue our own version of happiness. No one deserves to be bullied.

References:

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