CLASSROOM AS A SECOND HOME

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Classroom is an extension of every child’s home, as a teacher we must make them feel they are loved and accepted even outside at the comfort of their homes- it is a place where they can feel a hundred percent secure and safe. But how are we going to make them feel this way if instead of love and acceptance, they feel the other way around?

Four out of ten Filipino children experienced bullying from their peers, (Margaret S. Sanapo, 2017), this prevalence rate is comparable to two studies done in the Philippines (Jacobsen and Fleming, 2009; Rudatsikira et al., 2008). Bullying, according to the Merriam-Webster Dictionary, is an abuse and mistreatment of someone vulnerable by someone stronger, more powerful, etc. It can be done by the form of verbal, physical, cyber, relational, verbal and physical, verbal and cyber, verbal and relational, and or verbal, physical, and cyber.

Bullying can have a long-term and short-term effect to every child’s mental health and well-being as well as their academic performance. Children who were victims of bullying have been consistently found to be at higher risk for common somatic problems such as colds, or psychosomatic problems such as headaches, stomach aches or sleeping problems, and are more likely to take up smoking. They are also reported to more often develop internalizing problems and anxiety disorder or depression disorder (Dieter Wolke and Suzet Tanya Lereya, 2015).

As a teacher and a second-parent in the school, we must address this issue immediately to prevent these scenarios. We must understand how it begins, how it is maintained, how it can be stopped; teachers must be trained to spot and handle bullying, there has to be a clear policy on the processes of handling bullying (Herald Cruz, head of
parenting cluster of the Center For Family Ministries (CFAM) of Ateneo De Manila University)

According to Psychological Association of the Philippines (PAP), parents should listen to their children and take reports of bullying seriously. Parent-Teacher relationship as well with the school is very important when it comes to this matter. We must work hand-in-hand to prevent bullying and produce more child-friendly environment that can bring out every child’s full potential and develop their social skills.

Schools, together with the teachers and parents could come up with different programs and counseling activities related and or to prevent bullying. It can also be a gateway to develop every student’s relationship to one another and camaraderie. In that way we are developing a safe and conducive learning environment where every child feels they are loved, worthy, secured and accepted even outside of their homes.

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