COMBATING THE CULTURE OF BULLYING

by:
Rendell L. Pacaba
Teacher III, Pinagsumilan Elementary School

We cannot deny the fact that one of the sensational issues among students within and even outside school premises is bullying. And this issue is a continuing challenge for the school administration and educators as well. In our own country, the law - “An Act Requiring All Elementary And Secondary Schools To Adopt Policies To Prevent And Address The Acts Of Bullying In Their Institutions” or also known as “Anti-Bullying Act of 2013” was already enacted. In this law bullying is defined as “any severe or repeated use by one or more students of a written, verbal or electronic expression, or a physical act or gesture, or any combination thereof” that is “directed at another student. Furthermore, such use must have the effect of actually causing or placing the latter in reasonable fear of physical or emotional harm or damage to his property; creating a hostile environment at school for the other student; infringing on the rights of the other student at school; or materially and substantially disrupting the education process or the orderly operation of a school.” (Marasigan, 2014).

Knowing the negative effect of this, as educators, the real challenge is: what can we do to stop or at least lessen this inhumane culture? We cannot deny the fact that this issue cannot be handled alone by a Guidance counselor. Every teacher should have the capability of helping students within their classrooms. Here are some of the most simple and achievable values or characters that we can instill to our students: Teach kindness and empathy. It is every important that as early as possible we could already instill to our students the value of ones’ identity and teach them appreciation of others’ uniqueness and individuality. And there’s no other way to do this but to teach them kindness and
empathy. Empathy is defined as the ability to understand what others are experiencing or undergoing through. In simple terms, it is putting you in someone else's position and feeling what they must be feeling. Create genuine relationship. Creating relationship in a community lessens the possibility of bullying incidents and pave the way to healing those who were bullied. Studies show that victims of bullying have a good relationship with their peers, it would be easier for them to cope with the situation. Researches also show that teaching students to tell anything about bullying incidents and to stand against it, can actually lessen same situations to happen by 50 percent. (Lesley University, n.d.) Students must feel safe within the classrooms in expressing themselves and that they must feel that they are being heard. A small advocacy must be created within them.

References:


Lesley University retrieved from https://lesley.edu/article/6-ways-educators-can-prevent-bullying-in-schools, n.d..

