COPING WITH BULLIES IN THE CLASSROOM

by:
Lady Airish D. Nicdao
Teacher III, Casupanan Elementary School

Hitting, tripping, kicking, pinching, pushing, damaging property, name calling, teasing, insulting, humiliating, embarrassing, mimicking, hurtful posting on social media are some of the forms of bullying a classroom teacher is faced everyday. As a teacher handling lower section for many years, I have been dealing with these incidents oftentimes.

As the immediate parent of our pupils inside the classroom, it is our duty to learn and apply techniques on how to identify and stop these behaviors from becoming prevalent. Here are some suggestions in order to cope and deal with bullying inside the classroom.

1. Educate yourself on what bullying is. Remember that you cannot act on what you do not know. It is important to be knowledgeable on bullying, its different forms and what could be done in dealing cases of it.

2. Formulate your own policy inside your classroom. Having your set of class rules will help you to have your pupils be reminded on the do’s and don’ts inside your class. Having these rules on bullying be recited as part of your routinary activities before the start of classes every morning will be of great help.

3. Inform parents about the bullying policy in your school. Educate them with the forms of bullying and the effects it might have on the bullies and the bullied. Discuss to the punishment their children will have to face in cases of bullying. In this way, parents will commit themselves in monitoring their children’s behavior.
4. Be sensitive to bullying. As a teacher, you are the one in the position to stop bullying inside your classroom. You should be aware and vigilant at all times. Show that you are committed in protecting your pupils’ rights. Even small acts of bullying should be given attention accordingly.

5. Be consistent and fair at all times. You should take reports of bullying seriously with no exemption. Bear in mind that ignoring some bullying incidents that you think might be small cases only could have negative impact to those involved.

6. Be empathetic to bullies. Just like the bullied ones, the bullies also need support and guidance. Do not treat them as if they are the worst children in your class. Be attentive to them. Talk to them in a non-threatening manner so that they could open up to you and know them well.

7. Deal with bullying cases in a closed-door manner. It should be privately done. The involved pupils might be humiliated if you will do it in front of their classmates. It might also cause aggressive response on part of the bully if the whole class will hear the case involving her.

8. Involve parents of the bullies. Parents are our partners in developing their children. It could be easier to deal with bullying cases if parents’ support is present.

9. Do activities that will increase bullying prevention. You could design a plan of monthly activities about it. These may include poster-making contest, slogan-making, film-showing and video clip-viewing showing the effects of bullying.

10. Conduct a case study of the bullies. By doing so, you will be well-informed on the bullies’ background and understand the roots of their misbehavior.

Truly, teachers can make a big difference to the lives of their learners if bullying will be properly dealt with. Teachers can put an end to it.
References:


www.wikihow.com/Stop-Bullying-in-Your-Classroom

http://www.tolerance.org/supplement/bullying-guidelines-teachers