HEALTHY TIPS TO REDUCE BULLYING

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Youngsters nowadays engaged in bullying frequently than older kids. They are still learning a great deal about how to get along with others—and they were less experienced in solving the problems that arise when playing with others. Thus, they will use aggression to solve problems rather than the more effective ways of conflict resolution.

Helping your little one learn and practice the skills will also help him in making friends, getting along with groups, and quitting bullying circumstances. Here are some tips to elude or minimize bullying:

Manage feelings. Guiding and teaching your child how to control emotions may prevent outbursts or tantrums against other children. Giving your child the vocabulary needed to express feelings and offering up relaxation techniques—such as thinking ten times, taking a deep breath or counting numbers can help your child to keep cool in a heated situation.

Resolve conflicts. Throwing toys and tiny punches will not solve playground problems, and the sooner your child learns that, the better! Instead, encourage kids to work through disagreements by validating their feelings, restating their own problems, and asking for probable solutions. By learning how to resolve conflicts, your child will be much more likely to have positive, supportive friendships.

Engage in the activity. Arrange a play date then give the children a chance to practice such as listening, sharing, cooperating, and taking turns. Playing group games
with an item that was passed around such as a ball or that requires taking turns helps kids develop these important social skills while having fun!

Love one's differences. Interactions with peers are best when children understand, appreciate, and respect one another, so be sure to start conversations about how everyone is different—and how that’s great since our differences make us special.

Build friendships. Invite buddies over for playdates, spark a conversation with a fellow mom at the park, and attend age-appropriate classes where your child can meet potential pals. Friends can protect one another from bullying.

Learn to say Stop or No. Educating our children to stand up and tell when they see bullying situations may help reduce the case of bullying in peer groups. Teaching your kid to say Stop! You are bullying to persuade the sufferer away from the bully, and to report the circumstance to authority will allow your child to take action in a hostile condition, instead of being feeble.

Parents and teachers must help together to help and guide these children. These healthy tips and no-to-bullying strategies may help to strengthen the self-esteem and self-confidence of these kids, thus good relationships and respect with peers are shown.

References:


Blackwell, Cambridge (United Kingdom)1993

https://www.stopbullying.gov/resourc