Bullying has been one of the pressing concerns of the education sector. There have been countless incidents reported of violence happening inside the school. Bullying is one of them. Bullying may be considered as salient violence because it leads to physical, emotional and mental injury. Once a person is injured, there are several negative results that come along. One detrimental effect of bullying is the loss on interest of the student to continue going to school. This results to compromising the future of the child. He/she becomes deprived of the opportunity of a better future because of the decision made as influenced by trauma and fear due to bullying.

There are many kinds of bullying and not all needs to be physical in nature. If a student name calls another classmate in the act of shaming him/her then it is already bullying. Forcing or coercing another student to give money or make favors is also bullying. Verbalizing, spreading gossip and rumors is also bullying.

The emotional trauma caused by bullying is not easily remedied. A wound can be easily healed by applying medication but once that the mind and the feeling were the ones hurt in the process. No amount of medicine can rectify the situation. Even if the person bullied says that he/she is okay or he/she is no longer bothered by it, at some point in time that the incident happens again, either to him/her or to another person, the memories of hurt, shame and anger will resurface. Only a few people can totally control the influx of emotion one the same stimulus was present thus the same reactions are triggered.

Stop Bullying.Gov listed 8 tips for teacher on how to manage bullying inside the classroom:
1. Develop rules with students – one rule is set make sure that they are properly implemented and all follow it. No exemptions to the rule.

2. Give equivalent alternatives – Instead of giving punishments that are shameful, make offenders do school based services that are executed after school hours.

3. Support school rules – classroom rules must be framed or drawn from a higher authority. That would be the school rules and regulations.

4. Be a role model – teachers should make sure that they too follow the rules. Walk your talk.

5. Set clear expectations – give students clear cut information on how you want them to behave and what are expected if they break the rules.

6. Give rewards – if offenses are given punishments (positive punishments) it is but fitting that good deeds are rewarded. A simple praise or tap in the shoulder with a statement of good work is enough to boost the morale.

7. Talk to students discreetly – do not reprimand students in public. Talk to them on a personal note so as to encourage them to become better. Once that they are humiliated in public they tend to retaliate.

8. Help them correct themselves – once that offenses are investigated and given appropriate attention make sure that the teacher monitors the progress. This will ensure that the students will not return to their old habits.

Teachers play a vital role in the development of the students’ behavior. It is not enough to give punishments to offenses. Students need genuine care and positive attention. Bullying can be lessened if not totally controlled if the teacher will give adequate efforts to help students, not only the victims but also the offenders. Bullies need help as well.
References:

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