OUTLIVE FROM BULLYING

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According to the report of United Nations stated in its latest report on how children can be better protected around 130 million, or one in three children worldwide experience some form of bullying. Although there is an existing Child Protection Policy adopted by each institution, still there are some pupils who bullied their classmates or committed any forms of bullying.

A common problem in the school is bullying and it has a lifelong effect to the victim. If a pupil is bullied his relationship to other people is affected. His physical aspect cannot be supported by his emotional, mental and social well-being.

Awareness is the first step to overcome and cope with bullying. If there is a clear understanding of the policy among the stakeholders of the school there is a big possibility that bullying will stop or lessen. There must be a refresher seminar on Child Protection Policy yearly and other forms of bullying. Parenting Seminar should also follow to address the needs of the pupils for proper guidance at home and in the school.

Being friendly helps a lot too. If the pupil tries to be sociable he or she will try to mingle with his classmates and friends. Having many friends give you security. Nobody will hurt you because he or she knows how important you are in the group.

Most of the victims of bullying are those who have weak personality. They are easily tease or hurt by somebody. They dont know how to fight for themselves. Strengthening personality will be an answer for this. Show them how strong you are and live with it.
If mother knows best and so with your teacher. Always listen to their advise. Don’t be afraid to tell your bad experiences specially when the incident has something to do with bullying. Remember that your teacher is a person you can trust.

Health is wealth. If you are healthy you can think well and respond to the situation quickly.

References:

Brago, Pia Lee, October 10, 2018, “The Philippine Star- (130 Million Kids Worldwide Experience Bullying )