SCHOOL DEVELOPMENT PROGRAMS AS A WAY TO RESOLVE BULLYING

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The school is always known to be the second home of every student since this where they spend almost half of their life. This is where their values are continuously nurtured. This is where they gain more knowledge, skills and experiences. This where they could spend happy moments with their friends, classmates and teachers.

But what if the school will also be the cause of threat, discomfort and bad experiences for the children?

According to the studies, more than 20 percent of students are reported to be bullied. It is a shocking statistic, since we all know how bullying creates impact to a child’s well-being. Studies revealed that children who are victims of bullying often suffer from anxiety, poor academic performance, peace of mind, sleeping problems and even depression. Another bothering outcome of bullying is the possible impact to behavior of the bullied victim. They tend to be violent and abuse others in revenge.

As teachers and educators, we have a vital role in the prevention of bullying in our schools. We are the ones responsible in creating a classroom climate that prevents bullying. How can we do this?

By teaching kindness and empathy, bullying could be stopped. Teachers should be the persons who will teach and show the students how to be kind to other people and that bullying is a no-no. We are also responsible to help our students understand their thoughts, why negative things happen and accept and appreciate their identities as well as that of others. Always create opportunities for students to establish connection. Studies
show that nurturing a community of love and respect inside the classroom will lead to a sense of connection and bond among students. There are researches that tell how students could cope up with bullying because of the feeling of connection to their classmates. It is important therefore for the teacher to develop activities that will support this strategy. Let students express themselves and let their stories be heard by others.

Teachers should recognize student behaviors that could lead to bullying. There are students who started their bullying with simple behaviors like facial expressions followed by words of mouth. In this case, it is important for the teachers to identify the behavior right away so they could be managed and resolved at that moment. Engage the students to arts and relevant activities. Using arts as an instrument to help our students look at situations from different perspectives. The language of arts could be an avenue for students to express themselves, while the teachers could understand better the negative impact of bullying to students.

To prevent bullying, start inside the classroom. If bullying is rampant in every classroom, it spreads outside until the whole school is affected by the culture of bullying. Teachers can be bullies, too. If teachers feel bullied by their co-teachers, it also has negative impact to the students.

References:

https://lesley.edu/article/6-ways-educators-can-prevent-bullying-in-schools