WAYS TO END BULLYING
(TIPS FOR TEACHERS)

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In the previous years and up to this point, bullying has been one of the problems addressed by the Department of Education (DepEd). As everyone knows, bullying (on its general definition) is an unwanted and/or aggressive behavior among school-aged children. It involves a real or perceived power imbalance. The behavior might be repeated, or has the potential to be repeated, again and again. Bullying includes actions such as hurting others physically or emotionally, making threats, spreading rumors, and excluding someone from a group. Undoubtedly, this sinful act needs to be solved.

Just this year, DepED stands firm with its obligation to promote and provide a safe and free-from-fear learning environment for all learners in all public and private schools in the country. DepEd iterates its zero tolerance policy against any act of child abuse, violence, discrimination, bullying, exploitation, and other forms of mistreatment, which may affect children’s development.

For teachers who observe that bullying is taking place in their classrooms, the following are recommended since the writer found these effective.

1. Teachers should commit themselves to protecting each student. They should always be up for the good when it comes to the welfare of every student.

2. They should know the bullying policy of the school and work with it accordingly. There is no room for “Hindi ko po alam” when we talk about the policy. Teachers should equip themselves with the knowledge about child protection.

3. Communicate the policy not just to the students but so as to the parents. Information dissemination is the key to get everyone aware of it.

4. Supervise closely your students. Keep an eye on students who are less confident who are most likely to be bullied and even to those who are bully.
5. Get the facts. Take notes and have anecdotal records.
6. Report the bullying properly. There is a protocol to follow.
7. Build a trusting relationship with the students and parents. When you get their respect, things will eventually be smooth.
8. Have a sincere talk with the victims and offenders. Never talk to them in front of the class.

These are just eight ways to end bullying. Any teacher may use these tried and tested practices to prevent bullying in her classroom. Since DepEd encourages all of us to refrain from engaging in discriminatory acts against people’s opinion, status, gender, ethnicity, religion, as well as their moral and physical integrity, it is vital for us to take a stand and put an end to this problem.

Moreover, as DepEd also prohibits the use of corporal punishment or any kind of punishment imposed for an alleged or actual offense, which is carried out by a teacher, school administrator, an adult, or any other child who has been given or has assumed authority or responsibility for punishment or discipline, teachers should not just be aware but more importantly be knowledgeable enough in dealing with bullying concerns.

If all of us would pay attention to this matter (internal and external stakeholders) then we can build a strong learning institution where bullying is prevented.

Reference: