

PREVENTING BULLYING IN SCHOOLS

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Bullying has been a rampant problem in schools now a days. It has caused a lot of concern for the education sector and the entire community as well. Many various information dissemination programs and activities have been conducted to create awareness and ways to prevent it from happening. There are still reported, and worse, non-reported cases of bullying.

Various forms of bullying include physical, verbal, and emotional. The effect of bullying is critical and can cause permanent negative effects to the target. Therefore, it is a concern that needs truly effective and thought-of strategies for prevention and control.

Research shows that one of the most effective ways to prevent bullying is to create a positive school environment. Having a school climate that is conducive to positivity and happiness can be difficult to measure but it can be defined. For instance, the sense of feelings among the school children can be described. It can even be obvious such as in the simple ways of greetings that transpire among the peoples in the school, regardless of position. The way school personnel work together can also help gauge the positivity. The attitudes of the students while working together for an activity or a project can also signify positivity in the school environment.

A school that has a positive climate promotes a healthy environment and this can be felt in the school surroundings. It is like the heart and soul of the school is in harmony. A negative climate, on the other hand, can also be felt and seen as associated with high rates of aggression, victimization, and feelings of being unsafe.

To help promote positivity, the school personnel can plan different uplifting and holistic programs and activities that promote the students' talents and camaraderie. Equality should be always displayed in all levels. Engaging students to different organizations that are encouraging and uplifting is also helpful. Refrain from comparing pupils and school personnel from one another. Be generous with praises and appreciation. Be always vigilant and alert to be on guard when signs of bullying are present. Be open to listen and understand your pupils whenever they approach you.

Bullying, as mentioned, is a serious problem therefore being prepared and vigilant to prevent it is a crucial concern that needs to be fully and properly addressed. This is to ensure that students, as well as school personnel, are safe in the school enabling them to perform better in their respective roles and achieve their goals.

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