

## PREVENTING BULLYING

by:

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Have you ever bullied or been bullied? Bullying occurs to a child every two and a half minutes of the day. Bullying has been a concern for kids in schools for generations, but it has now taken on a new level and some bullies can cause harm to their victims. Bullying is something that is not only happening here in the Philippines but all over the world. It is defined by the Department of Education and Skills guidelines as unwanted negative behavior, verbal, or physical conducted by an individual or group against another person and which is repeated over time. If they inform someone, they fear they may face consequences. Studies have indicated that young people are less inclined to tell someone when they get older. Their isolation grows, depression arises, and in extreme cases, they may harm themselves or try to commit suicide.

Frequently, those who bully also struggle with low self-esteem and confidence. They may suffer violence at home. In other cases, they may be reacting to painful changes in their lives, for example, bereavement or divorce of their parents. They could wish to be noticed or seem in charge. There are rules regarding bullying between students at every school. These are set down in procedures issued by our Department of Education. The following outlines the rules for bullying in school and the rights of pupils and parents in the event of bullying.

Bullying behavior needs to be stopped or it will continue and worsen. We must offer someone that chance to speak with us if we believe they are being bullied. It will take time, but if we send a clear message that bullying is unacceptable and does not have to continue, in time, the young person may trust us enough to tell. If we suspect that

our child is being bullied, we should consult with either the class teacher or the principal. If, for whatever reason, the matter cannot be resolved by the school staff, we may report the higher authorities in the education department.

We need to put an end to it! As parents, educators, and members of the community, we must provide a safe space for children who are being bullied to ask for assistance.

*References:*

<https://www.healthdirect.gov.au/bullying>

<https://www.stopbullying.gov/>