Anti-Bullying

The issue of bullying was addressed in Classes 5 - 8 for four weeks during the Life Skills classes in the form of skits, videos, self-awareness activities, class discussions and case studies. Students were encouraged to be empathic and assertive. The following write-up on bullying has been shared with all academic staff members and is displayed in the dorms of Prep School and Junior School.

Recognise the type of bullying:

1. Physical Bullying (More common among boys)
- Hitting, punching, pinching, kicking, tripping
- Damaging the property of the target.

2. Verbal bullying
- Insulting
- Name-calling
- Using foul language
- Taunting

3. Social Bullying (A covert form of bullying which is not easily noticeable. More common among girls)
- Intimidation
- Spreading rumours about the target.
- Making false accusations against the target.
- Ganging up against the target.
- Intentionally excluding the target or making them feel excluded.
- Contemptuous facial expressions, remarks, tone or laugh.
- Reminding the target of their past failures, mistakes etc repeatedly.
- Making hurtful jokes and then justifying them by saying, "I was just kidding".
- Mimicking to mock the target.

4. Cyberbullying
- Using the internet or technology to harass, intimidate, insult or ruin the reputation of another. Online bullying or harassment can be reported at https://cybercrime.gov.in

Bullying is prohibited in the classroom, dormitory, sports field, dining hall and anywhere within the school premises.

Causes of bullying - Why the bully bullies?

1. Insecurity
2. Envy
3. Power struggle
4. Prejudice
5. Negative peer pressure
6. Lack of purpose in life
7. Lack of empathy

Bullies don't operate alone

- **Flying Monkeys** - 'Flying monkeys' is a term to describe people whom a narcissist uses to harass their target. In the school environment, you will notice that bullies use gullible people to gang up against their target. That's why it's essential to become an independent thinker.

Increase your Self-Awareness

- Do you roll your eyes or make mean faces behind others' backs?
- Do you enjoy dominating others?
- Do you purposely exclude someone from group work or conversation?
- Do you enjoy pushing, kicking, hitting, or slapping others?
- Have you made false allegations against any other person?
- Have you spread rumours about another person?
- Have you made fun of someone (student or staff member) for cheap thrills?
- Do you enjoy passing back-handed comments to feel superior?
- Have you damaged the property of others?
- Do you show kindness only when someone, especially someone in authority, is watching?
- Have you threatened someone not to report your wrongful behaviour towards them?
- Have you harassed someone because your friends don't like them?
- Have you given in to negative peer pressure?

Develop the right attitude and skills

- Some students don't realise when they are bullying others. They are working on the instructions of another. Strive to become an independent thinker.
- Students acting out of envy must direct their energy to work on themselves rather than against others.
- Students who are power-hungry need to learn and develop 21st-century leadership skills.

Dealing with bullies

- Report. Inform a trusted adult.
- Call out the bullying.
- Be assertive, not passive nor aggressive.
- Have solid psychological boundaries. Do not overshare.
- Socialise. Do not isolate yourself.
- Build your confidence.
- Never give in.

Students who lack remorse, act out of spite or are repeat offenders will face strict consequences.

Skit on bullying

Social Bullying (Covert form of bullying)

- Intimidation
- Spreading rumours about the target.
- Making false accusations against the target.
- Ganging up against the target.
- Intentionally excluding the target or making them feel excluded.
- Contemptuous facial expressions, remarks, tone or laugh.
- Reminding the target of their past failures, mistakes etc repeatedly.
- Making jokes that are hurtful and then justify it by saying "I was just kidding".
- Mimicking to mock the target.