PREVENTING BULLYING
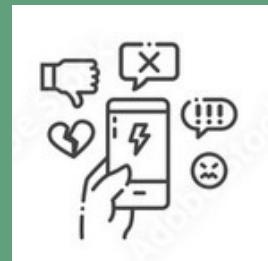
Bullying is an intentional and repeated aggressive behaviour towards another person, mostly belonging to the same age group.

Types of Bullying

Physical

Cyber

Bullying

Verbal

Social

Impact of Bullying

Bullying does not only impact those who are bullied, but also those who bully others or witness this act. It may result in serious lasting concerns including physical, social, emotional and mental health issues (anxiety, depression).

BULLY-FREE ZONE

Ways to Prevent Bullying

Practising empathy and kindness

Developing a sense of belongingness with classmates

Practicing healthy ways for letting out anger such as through sports activities, art etc.

Implementing Anti-Bullying Policies in School and sensitizing all stakeholders.

POLICY