

## **Anti-bullying and awareness**

In today's world we often get to see the ruthless impact of bullying in schools, even at home.

Every child has the right to feel safe at home, at school and in community.

Bullying is not a normal part of growing up. Research indicates that bullying behaviour doesn't usually go away on its own and often gets worse with time it needs to be dealt with directly. To stop the hurtful behaviour adults need to support children who seek their help. They need to respond immediately and take preventing steps to stop the behaviour from happening in the future. The first step is recognizing when a bullying problem has occurred.

It is the time that we sensitize children about the harm such deeds cause to others and the need of the hour is to create an awareness all the time.

Bullying is considered a sin and should be eradicated from our society, to create a good environment to study, play and live.

The students of Grade 1-10 of Vidyavalley international school, Chakan, Pune conducted an Anti-Bullying campaign for a week in order to sensitize all the students about the impact of bullying. There was a rally in the school premises where the students went to all the classes holding posters and placards that emphasized on 'Being kind, helpful and empathetic' to one another. There were classes to create an awareness about anti-bullying. Mr. N.K. Gaikwad, the counselor of the school, initiated the campaign and delivered an insightful session during the assembly on this sensitive topic. He told the students about the effects of the various unpleasant acts of bullying on the victim, the bully and the bystander. Students presented a skit so as to showcase the negative repercussions of bullying on others. They gave affirmative suggestions to stop bullying anywhere it is seen.

Students were made to understand about various types of bullying that are prevalent in our society. They may be physical, verbal, social or cyber bullying. Bullying can lead to depression too. Bullies come from a harsh environment; they have low pro-social behaviour and exhibit a lack of sympathy.

VVIS stands firm against bullying. Let's encourage students to be a buddy and not a bully.