

SESSION – KINDNESS AND RESPECT: BUILDING A BULLY FREE ZONE



Grade: 5

Day & Date: Monday, 2nd September 2024 to
Friday, 13th September 2024

INTENT: This session taken individually in each section of Grade 5 (A-G), is the best way to educate them about the harmful effects of bullying, raise awareness about what constitutes bullying, and promote a culture of respect, kindness, and empathy.



EXPERIENCE: The whole concept of the session was conveyed with the help of PPT along with a video on bullying at school. The session began by showing them the video followed by discussions on what is bullying, its types, how to prevent bullying and qualities one must embrace to create a bully-free zone. 'Paper crumple challenge' and follow-up activity of 'Anti-bullying band making' was done at the end of the session to reinforce the lessons learned, ensure that the message resonates. They were also reminded about the anti-bullying pledge placed in school.

INSIGHT: The session gives a clear definition of bullying, clarifying its distinctive forms like physical, verbal, emotional, and cyberbullying. The session highlighted the harm that bullying can cause, not only for the victim but for the bully as well. By teaching them on these sorts, they can way better recognize bullying when it happens to themselves or others. This session instructed students that bullying can lead to self-destructive considerations in serious cases. The session gives techniques for those encountering bullying, such as how to securely go up against a bully, look for assistance, and adapt candidly. Its approximately enabling students to not feel defenseless in such circumstances.