

SESSION – KINDNESS AND RESPECT: BUILDING A BULLY FREE ZONE



Grade: 4

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

INTENT: This session taken individually in each section of Grade 4 (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. Follow-up activity of 'Anti-bullying postcard making' was done at the end of the session to reinforce the lessons learned, ensure that the message resonates, and provide practical opportunities for students to engage with the material. They were also reminded about the anti-bullying pledge placed in school.

INSIGHT: During the session, students were given a detailed description of bullying along with an explanation of its various types, including verbal, physical, emotional, and cyberbullying. The lesson focused on the harm that bullying may bring about, not just to the target but also to the bully. Students can more easily identify bullying when it occurs to them or to others if they are taught about these sorts of bullying. Students may learn from this session that, in extreme circumstances, bullying can result in suicide thoughts as well as anxiety and depression. The program provides techniques for those who are being bullied, including how to approach a bully in a safe manner, get support, and deal with their emotions. Encouraging students to feel capable in these kinds of circumstances is the goal.