

SESSION – KINDNESS AND RESPECT: BUILDING A BULLY FREE ZONE



Grade: 3

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

INTENT: This session taken individually in each section of Grade 3 (A-F), 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 an animated 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 'quiz' 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.

INSIGHT: The students were given a detailed explanation of bullying during the session, covering its various forms including physical, verbal, emotional, and cyberbullying. By familiarizing themselves with these types, students can more easily identify bullying whether it's happening to them or others. Through role-playing and interactive discussions, students are able to empathize with the experience of being bullied. The session provides guidance for those facing bullying, including how to safely address a bully, seek assistance, and manage the emotional impact. The aim is to empower students so that they don't feel powerless in such situations.