

## SAY NO TO BULLYING

**Event: Counselling Interactions on Bullying Awareness**

**DATE: 24 July 2025**

**CONDUCTED FOR: Class 3**

Counselling sessions were conducted in **Classes 3A, 3B, and 3C** to raise awareness about **bullying** and how students can **safeguard themselves** from such behavior.

Through age-appropriate discussions and real-life examples, students learned how to **identify bullying**, the **importance of speaking up**, and the need to be kind and respectful to others. They were guided on what steps to take if they or someone they know is being bullied, and how to seek help from trusted adults.

The sessions aimed to build **empathy, confidence, and self-awareness**, empowering young learners to create a **safe and inclusive** environment for all. Students participated with curiosity and showed a strong understanding of the importance of standing up for themselves and others.

