

BREAKING THE SILENCE ON BULLYING

EVENT: Anti-Bullying Campaign: Stand Up, Speak Up, Stay Kind

DATE: 11 August 2026

CONDUCTED BY: Class 7C

As part of the **Anti-Bullying Campaign**, a counselling session on “**Bullying and Self-Safeguarding**” was conducted for **Class VII C on 11 August 2026**. As part of the session, students watched the short film “**Chuppi Todo**”, developed by **UNESCO New Delhi in collaboration with CBSE**, which sensitised them to the importance of speaking up against bullying.

Students learned about different forms of bullying and their impact on well-being and academics. Through interactive discussions and real-life situations, they explored ways to safeguard themselves, including being assertive, staying connected with peers, reporting concerns to trusted adults, and supporting others.

The session encouraged students to understand that seeking help is a sign of strength and reinforced the message: “**Stand up, speak up, and stay kind.**”

