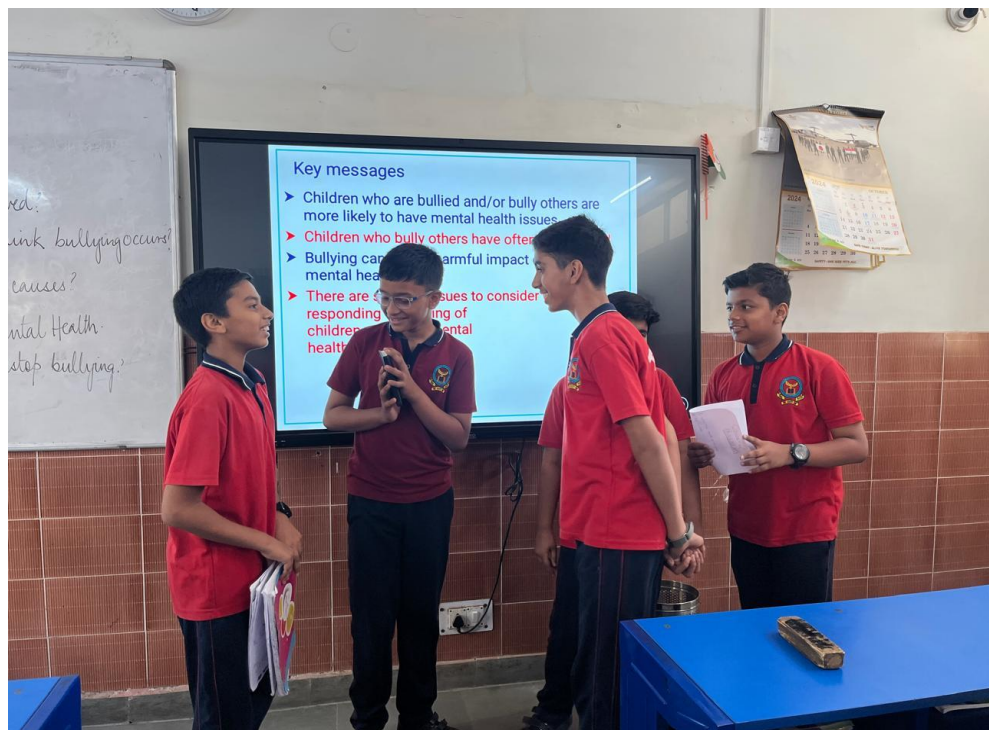


School Report: Bullying and Mental Health

In the month of October and November 2024, the school counselor Mrs Anjela Dahiya conducted a series of sessions on “**Bullying and Mental health**” with students in Classes VI-VIII at **The Air Force School** during life skills classes. The sessions aimed to raise awareness about bullying, its impact on mental health, and strategies for addressing these issues effectively. The discussions were centered on the 4 W’s of bullying: What, Where, When, and who. Students explored what constitutes bullying, the different types such as physical, verbal, emotional, sexual, cyberbullying and social bullying, and where bullying is likely to occur, including in the classroom, playground, and online etc. The students also learned about the roles involved in bullying, identifying who the bullies are, who the victims are, and the characteristics of both groups. The sessions also delved into the significant relationship between bullying and mental health. The counselor emphasized that bullying and mental health have a bi-directional relationship, where bullying can negatively impact mental health, and those with mental health difficulties may be more vulnerable to bullying. Students were taught to recognize the possible signs of mental health struggles, such as withdrawal, changes in behavior, and difficulty concentrating. Common misconceptions were addressed, such as the myths that "bullying is a natural part of childhood" and "words will never hurt you," helping students understand the long-term effects bullying can have on a person's mental well-being.

A key component of the sessions was providing students with practical strategies to deal with bullying. The counselor introduced the "Communicate, Anticipate, Respond" model as an effective practice to address bullying. Students were taught the importance of communication with trusted adults, anticipating situations where bullying may occur, and responding in a manner that ensures their safety and the safety of others. The sessions also included an interactive game, "BULLYING OR NOT?" where students were presented with various scenarios to determine if they were examples of bullying, helping them apply the concepts discussed. A case study was also used to demonstrate how to handle real-life bullying situations, giving students a clear understanding of how to respond appropriately.

Overall, the sessions provided students with valuable insights into recognizing and dealing with bullying while fostering a supportive environment where mental health concerns are taken seriously. The counselor's efforts were successful in engaging students, promoting empathy, and equipping them with the tools necessary to create a safer and more inclusive school community.



Role Play



Presentation through posters



Presentation through posters



Talk on Bullying and Mental Health by students



Group Work