

Overcoming Bullying

November Newsletter 2021 | Health & Mind Club

1 RECOGNIZING BULLYING

is it

BULLYING?

When someone says or does something *unintentionally* hurtful and they do it once, that's **RUDE.**

When someone says or does something *intentionally* hurtful and they do it once, that's **MEAN.**

When someone says or does something *intentionally* hurtful and they *keep doing it*—even when you tell them to stop or show them that you're upset—that's **BULLYING.**



5 THINGS TO REMEMBER

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- Never go through it with silence, speak up!
- Understand that you're not the problem
- Do not isolate yourself
- Don't be afraid to ask for help
- Keep your boundaries

3 COPING WITH BULLYING

Ignore and distance: The second you feel like someone is trying to make you feel inferior

and is pressing you down, minimize communication with that person.

➔ It's better to completely stop talking to that person unless absolutely necessary.

➔ Engaging in discussions with that person would give them a chance to pick on you repeatedly, so try your best to keep your distance.

Write it down:

If you feel uncomfortable talking to someone, you can always get it out of your head by writing it down on paper.

➔ As simple as it sounds, it's genuinely very helpful to write what you feel because it acts as a medium for venting internal stress out of your mind, and into something that can easily be lost or perished. This helps in erasing memories of that incident and it no longer clots as negativity in our minds.

➔ It is an effective alternative to communicating with people.

➔ Lead clubs or join initiatives to spread the word.

➔ Enhance your creativity and yield something beautiful and useful out of your experience.

➔ You can prepare and showcase songs, poems, spoken word poetry, articles, etc. and share it through many platforms such as school, social media, etc. to encourage and help others overcome their problems related to bullying.

➔ In this way, you can also notice that the positivity and support you get by sharing your problems slowly outweighs the negative effects of being bullied.

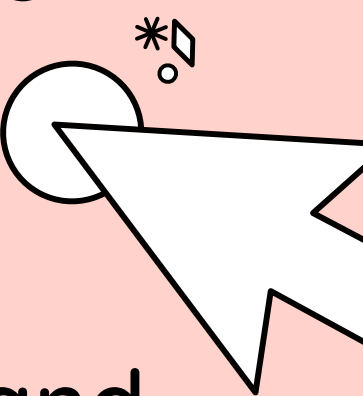
Talk to someone:

Talking to someone doesn't simply imply gossiping with anyone about the bully. Share what you feel with someone you are comfortable with like your parents, guardians, close friends, a teacher or counselor that could positively resolve the problem and get you out of it.



Share your story and spread awareness:

Become an intermediate for spreading awareness by sharing your experience and coping mechanisms.



4 HOW WE CAN HELP

- Inform an adult:

Informing an adult plays a vital role in stopping bullying in its tracks, informing an adult goes both ways, not only should the child tell a teacher or parents, but the parents should ensure that their child is comfortable around them and trusts the adult to help them.

- Guidance:

Children alone cannot be expected to solve their issues on their own, it is of utmost importance they are taught early on not only how to deal with bullying, but ensure their children do not bully

- Acknowledging and reporting change in behavior:

Everyone be it friends, parents or teachers, should be taught not to ignore even the slightest change in self or others behavior such as drop in grades, unusually silent, etc, and reach the root of the reason of this change.

- Talk to the bully (along with an adult/counselor):

Bullying is sometimes a coping mechanism for children that have some issues in their family or past trauma, counseling the bully may also help solve the problem and might prevent future cases of bullying

ABC'S OF BULLYING

ASSESS THE SITUATION
FIND HELP - SUPPORT THE VICTIM
EVALUATE & ENSURE SAFETY

BE THE BIGGER PERSON
IGNORE - WALK AWAY - LEAVE
USE POSITIVE SOCIAL SKILLS
TO DEFLECT THE SITUATION

CONTROL YOURSELF
DON'T ESCALATE SITUATION WITH
AGGRESSION OR NAME CALLING
REFRAIN FROM VIOLENCE

- Regular workshops with anonymous feedback

CREDITS

[2] 5 Things to Remember - Tanishaa

[3] Coping with Bullying - Anjasi Gosalia

[4] How We Can Help - Rafey Farooqui

Design - Livleen