

# **Anti - Bullying Mission - A Step Towards Betterment Of Education**

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**Abstract.** Bullying is one of the most undermined yet most crucial problems in schools of India. The reason has been lack of information about anti bullying law and also ways of combating it. My school, located in one of the Biggest Slum of Mumbai, India faces major problems of Bullying at all levels in different forms. The reason for this been poor upbringing, unwanted exposure at the wrong age, poverty, unhygienic, unhealthy environment & above all poor value system. This intentional aggressive behavior we felt need to be combated effectively. Hence we introduced “Anti – Bullying measures”, across the school and save the victims from humiliations, pain torture agony & suppression. I designed a qualitative research and through video clippings, observations, response sheets, & one – to – one close door talks collected the data. This was followed by careful & methodical implementation of planned strategies. Before we could implement this programme, also had an awareness session for teachers to help them identify gaps & realize their role as change makers. A student’s brigade was created in order to create amongst them a responsible & caring attitude involvement of the community also was major objective as we felt community involvement would accelerate our efforts.

## **1. Introduction**

School is said to be the place where children learn and mold themselves into someone they want to be. But that is not the only luxury that schools can give, they can also be a battlefield, a place of survival some may seem, where the famous and beautiful are honored and respected while the poor little ones are bullied.

Bullying is a big problem now in our society and what’s alarming is the breeding ground of this plague in our school. Our very own second home is the ground for bullies. especially Schools belonging to Slums, Bullying is a Common factor. But before we trigger into the problems let us first define what bully is “someone who enjoys oppressing others weaker than himself”. There are different factors that may affect a person’s behavior it may be caused by its environment, history, Social background, Economic factors, and even political factors. Also, it may be because of Racial or Sex or Religious factors. And other related matters. And one of the main factors of this change is caused by bullying, it may depress someone thus making his\her self-esteem degrades. Nowadays, we must not seem to notice events such as bullying about some incidents must be as vivid as crystals, we can’t identify if it is already an act of bullying or just another form of it. Bullying is one of the most undermined yet most crucial problems faced in schools nowadays.

“Bullying young minds” The Mental Health Charity suggests that over 70% of young people have experienced bullying at one time or another.[1]

Bullying is the behavior that is designed to hurt someone else or make them do something that they do not want to do. Bullying is an ongoing misuse of power in relationships through repeated verbal, physical and/or social behavior that causes physical and/or psychological harm. It can involve an individual or a group misusing their power over one or more persons. Bullying can happen in person or online, and it can be obvious (overt) or hidden (covert).

Bullying of any form or for any reason can have long-term effects on those involved, including bystanders. Students undergo some challenges in their daily lives and experience bullying at the same time. Bullying must be stopped. ‘but how?’ What makes a child a bully? How can we help them overcome bullying? These questions are the main reasons for our study. And the answers are soon to be found. Bullying and harassment are not new issues that students and schools face. In fact, over the years, it has been viewed as being so commonplace in schools that it has been overlooked as a threat to students and reduced to a belief that bullying is a developmental stage that most youth will experience then get over. But not everyone gets over the personal trauma that can come with bullying both for the victim and the bully. This is why it is seen happening by adults in workplaces, in homes, and in the community. Therefore, this harassment is not isolated to schools alone. But schools are the best place to actively intervene. Teachers, administrators, counselors, and even students have the greatest access to the most students through a school system. It is here that school staff can intervene, support and educate students about ending bullying behaviors directly and indirectly; breaking the bullying cycle.[2]

## **2. Methodology:**

Students nowadays are emotionally imbalanced, they tend to be easily affected by the people around them. They are teenagers and they are still in a process of “metamorphosis”. They are affected by several matters; these matters serve to greatly affect their growth.

Where and when bullying happens?

Bullying can occur during or after school hours. While most reported bullying happens in the school building, a significant percentage also happens in places like on the playground or the bus. It can also happen traveling to or from school, in the youth’s neighborhood, or on the Internet.

## **Types of Bullying**

**There are three types of bullying:**

- **Verbal bullying** is saying or writing mean things. Verbal bullying includes:
  - Teasing
  - Name-calling
  - Inappropriate sexual comments
  - Taunting
  - Threatening to cause harm
- **Social bullying**, sometimes referred to as relational bullying, involves hurting someone’s reputation or relationships. Social bullying includes:
  - Leaving someone out on purpose
  - Telling other children not to be friends with someone
  - Spreading rumors about someone
  - Embarrassing someone in public
- **Physical bullying** involves hurting a person’s body or possessions. Physical bullying includes:
  - Hitting/kicking/pinching
  - Spitting

- Tripping/pushing
- Taking or breaking someone's things
- Making mean or rude hand gestures

### 3. Result

Different Methods of Bullying we can see in Schools and colleges and other Institutions. Children used to give physical torture to others, Abusing, they give physical torture outside of school premises and even in playing ground etc. I face many such incidents in my classroom such as Kicking, taking others belongings, stealing, Sexual Harassment, Grabbing Money and other Materials, Pinching, making a voice on others, etc.

I found children doing Bullying in classrooms by torture others, speak vulgarly to their fellow students, Hurting others, lie to others, screaming, Making rumors, Sarcasm, Insulting etc. This factors forced me to do some Research on this topic and to find some solutions for the hectic issues.

Survey we conducted and found the following reasons for Bullying

**Family background:** First of all, I studied the family background of the students who involved in Bullying activities. I found all those students who involve in these activities are of poor family background, and they are below poverty line, parents are cruel to them, single parents, or careless parents and bad company in an early age. If a child is with a single parent then this parent cannot concentrate much on a child this lead the child into some bullying activities.

**Social Environment:** Our school is in Slum so most of the Bullying activities happens in the classroom is due to Society Environment too. I found Mumbai Slum houses are like Shanties so neighboring children are mingling always there is very less or no space for these kids to grow. So, I found there is a mix up of culture these children involve in various activities of Bullying and many bad habits what they don't want to learn they learn from this society.

**Poverty:** I found poverty also one of the major reason for bullying. I understood that kids were found hungry they start grab food from others, they start to scream in class, or grab money from others, and they forcibly grab others belongings. This is very difficult situation in future generation or upcoming generation.

**Racial Discrimination:** I found Racial Discrimination also one of the reasons for Bullying in our locality. Because "every Small kid learn the footsteps of elders. If the elderly people discriminate others in the presence of young ones, this will be slowly habituated or influenced by the young ones. This tendency led to Bullying in Young minds. Slowly young one start teasing others, or they call any name on others etc.

**Lack of Guidelines from parents:** I found parents carelessness also major reason for Bullying in Children. Illiterate parents never counsel or guide their wards. They never teach good manners to children. This is the primary reason to learn any bad habits in children. This habit they carry out in school also. Some family I observed that there are many issues and challenges this lead to divert children's mentality.

My school located in one of the biggest slum areas of Mumbai faces a major problem of bullying at all levels in different forms. The reason for this being poor upbringing, unwanted exposure at the wrong age, poverty, unhygienic, unhealthy environment and above all poor value system. This intentional aggressive behavior I felt needed to be combated effectively. We made a deep indebt study by analyzing data using the EDA & CDA method commonly used. This was followed by careful and methodical implementation of planned strategies. Before we could implement this programme, we also had an awareness session for teachers to help them identify the gaps and realize their role as change makers. A students bridge was created in order to create amongst them a responsible and caring attitude. Involvement of the community also was a major objective as we felt community involvement would accelerate our efforts in the desired direction.

Students came from the nearby slum area most of them belonging to the minority group. They were economically unsound; both the parents were busy working to make ends meet especially to survive in a city like Mumbai. Most of them worked on meager daily wages to run the family, resultant both the parents were out, and the children left to themselves. Some were single parents, some strong orthodox families. The children were left unattended parents are unable to spend quality time with the children especially during their early growth stage, they lack attention.

These children become attention-seekers when they come to school, and one easy way is through bullying. It was a major task for us to work on this mission, but it was important to take action since there was a capacity for change. Building a positive relationship between school, parents, teachers, and students ensured a timeline of action help to put things in perspective.

We decided to channelize their energies keeping in mind their age, talent, capabilities, health etc. Boxing was introduced for the boisterous and energetic ones to help them shed their energy level thereby developing sportsmen spirit in them. Various other games such as football, basketball, throw ball, kabaddi, and athletics were introduced both for girls and boys.

Hobby classes were introduced for the not much stronger ones such as music, singing, dance, drama, drawing. These activities not only kept their minds busy but also brought out the best in them through their creativity keeping their minds occupied for the better. Their talents were recognized during the morning school assembly.

With a view to building connectivity and bringing effective time management students were empowered with responsibilities a school students council was set up comprising of the Head Boy, Head Girl, House Leaders and various Prefects for Academics, Finance, First Aid, Art and Culture, Discipline and so on creating in them a sense of responsibility.

Peer mentoring was introduced to help the weak and shy students in academics. Students who came from the financially weak background were given financial help through voluntary organizations who work for the cause of students.

Peace project was started. Eminent people were invited to speak to the students. Yoga is conducted on a regular basis to improve their concentration and get over their emotions. Students are taught the importance of sharing be it their eatables during the break of sharing information related to their studies. Celebrating various festivals add to the values of sharing, tolerance, brotherhood, caring, etc.

Celebrating Grandparents Day not only helps to bridge the age gap but also bring out the importance of these people in their lives and that they need to be taken care of. Workshop for parents on "Parenting" and "Health and Hygiene" help them to reduce the stress and keep the children healthy. Such celebrations also help in community involvement in our endeavors. [3]

Friendship Day celebration help in cementing the feeling of belonging among the students. They learn to share their extra toys, books, and other stationery articles. Some also share their unused clothes and other items.

A drastic improvement has been observed through our surveys before embarking on the various projects and after their implementations. The students are much organized, disciplined, active slow to anger, creative,

## References

- [1] Children and Bullying By: Ken Rigby Black we publishing 2008.
- [2] Knowledge and attitude of school bullying
- [3] Building Relationship & competing bullying effectiveness – based social skills group intervention. Scholar.google.co.in