

# BULLYING



- *Bullying is repeated acts over time that involves a real or perceived imbalance of power with the more powerful child or group attacking those who are less powerful. Bullying can be verbal harassment, physical assault, or other more subtle methods of coercion such as manipulation. Bullying can be defined in many different ways.*





*Bullying is usually done to coerce others by fear or threat. Bullying can be prevented when children are taught social skills to successfully interact with people. This will help them to be productive adults when interacting with bothersome people.*





- *Bullying in school and the workplace is also referred to as peer abuse.*
- *In colloquial speech, bullying often describes a form of harassment perpetrated by an abuser who possesses more physical and/or social power and dominance than the victim. The victim of bullying is sometimes referred to as a target. The harassment can be verbal, physical and/or emotional. Sometimes bullies will pick on people bigger or smaller than their size.*

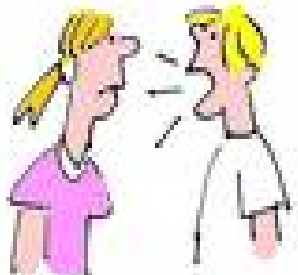


- *Bullies hurt people verbally and physically. There are many reasons for that. One of them is because the bullies themselves are or have been the victim of bullying (e.g. a bullying child who is abused at home, or bullying adults who are abused by their colleagues).*





- *Many programs have been started to prevent bullying at schools with promotional speakers. Bullying consists of three types - verbal, physical and emotional.*



verbal



# Why do bullies bully?



- *There is one thing that you have to understand in order to know why bullies bully. Everyone is different and has different things happening in their lives. Sometimes a bully really feels scared, unloved and alone. It could be conditions at home, a sick parent, or something that's happening at school. The bully may feel she is not getting enough attention from her teacher, parents or friends. Maybe her parents are separating or getting a divorce. The bully may have seen someone get their way by getting angry or by means of hitting or shoving.*
- *Sometimes the reason a bully acts as she does is because she is being bullied. It could be the bully watches too many violent TV shows or movies. Maybe they play too many violent video games.*



# Who is a victim?

- *The victim is often singled out because of his/her psychological traits more than his/her physical traits. They are likely to be shy, sensitive, anxious, insecure, have low self-esteem and lack social skills. Physical traits that tend to be picked on are being overweight, physically small, having a disability, or belonging to another race.*



# HOW TO PREVENT BULLYING?



- *Avoid being an easy target using posture, voice and eye contact. Avoid isolated places. Deflect bullies with humor or change the subject. Do not obey the bully. Run away rather than comply. Make more positive friends.*





# EFFECTS OF BULLYING



- *The effects of bullying can be serious and even fatal. Victims of bullying can suffer from long term emotional and behavioral problems. Bullying can cause loneliness, depression, anxiety, lead to low self-esteem and increased susceptibility to illness.*

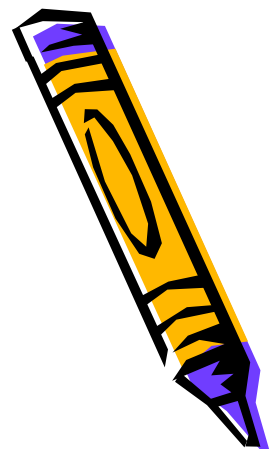


# SUICIDE

- *There's a strong link between bullying and suicide. Bullying leads to several suicides every year. It is estimated that between 15 and 25 children commit suicide every year, because they are being bullied.*



# The Cycle of Bullying



# Say no to bullying



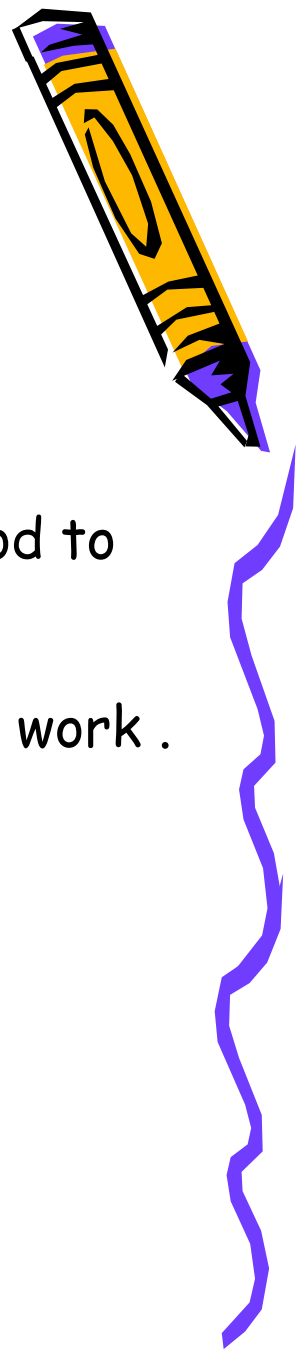


# TEEN MANAGEMENT PROGRAM AT SCHOOLS

Work in present to give them a  
bright and secured future  
Brought up your child as a  
Challenge winner in life

## Aim of program

- provide overview to children's of 10 - 16 yrs about perspective of future challenges.
- Develop self management skills right from the teen hood to encounter changing world environments.
- Make children understand their parents and their hard work .
- Methods to deal with teenage depressions.
- Gives the way to parent and teachers to reach their teenagers.



# A 2 Z , 90 point workshops can be conducted



- These 90 subjects are the most vital for any teenagers This topics are result of world wide research on teenagers behaviors and natural psychology .
- Some examples are as follows in alphabetical manner
- **ANGER** : Understand your teen's anger , help them to manage it & change it into productive emotions and actions!
- **BULLYING AND TEASING** : Realize that bullying is fact of life in many schools.



# A2Z 90 point workshops.



- CAREERS : Assess teen's strength and weaknesses, Listen to teen's wishes
- DRINKING AND DRUGS : Teach teen's about attitude and habits about drinking , Reject recreational use of addictive or behavior alerting drugs.
- FAILURE , GOALS , GRATITUDE , HARASSMENT , HOPES , INJUSTICE, INTERNET , JEALOUSY, LOVE , LYING, MONEY, MOVIE, NEEDS, PARTYING, PREGNENCY, PUNISHMENT, RELIGION , SEX, SENSE OF HUMOR, SUICIDE, TATOOS AND BODY PIERCING , TRUST , VALUES AND VIOLENCE are the few subjects in 90 point workshop.





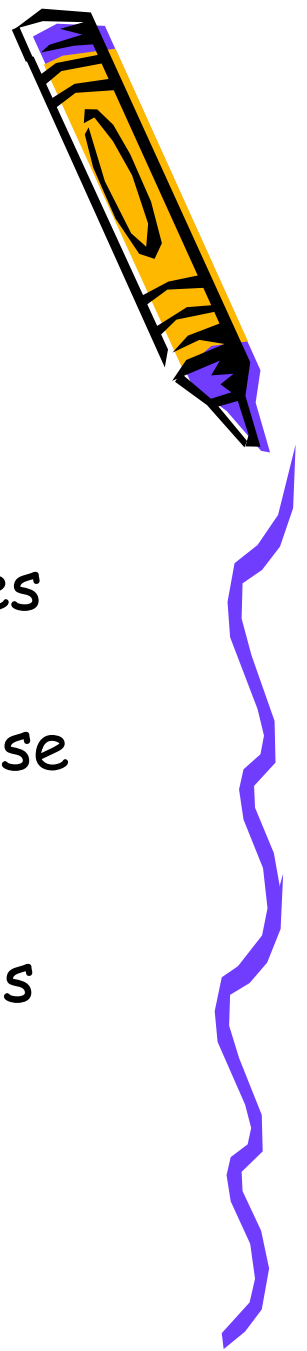
# Model of the world



- Everybody is having his own model of the world.
- To understand it you have to enter their model of the world.
- Therefore we must formulated our program as per model of the world of a child .
- It is completely different for different ages.
- But you can deal with 16 yrs mentality only when they have shown correct model of the world at 9 - 10 yrs of his age.



# Teach positive aggression and ability to use energies right from the teen hood



- To create hunger in the child to perform at his/her best.
- To make them feel how good a success tastes through our workshops.
- To make them ready for every failure because without failure nobody can understand important of success.
- As we believe giving your best to the world is success.



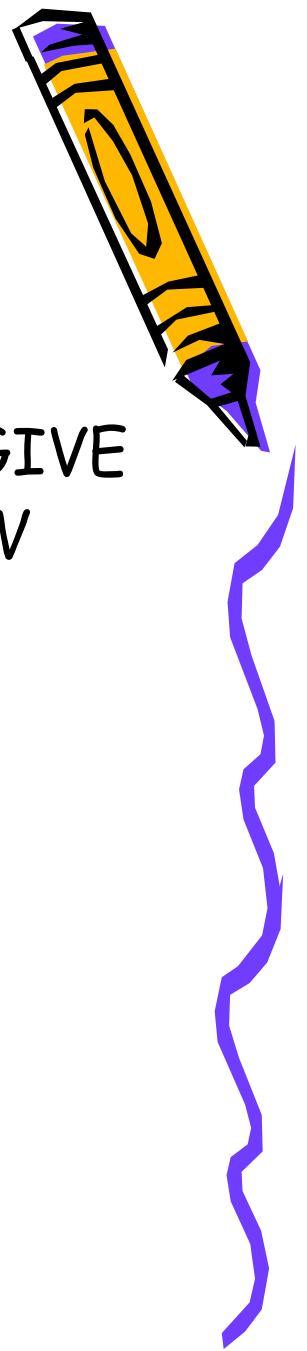
# To build managers from teen hood

- We strongly believe that the best managers are those who manages their life in the best way.
- Also the time has come to give them management skills from childhood.
- If you can manage your life successfully you will manage everything successfully because rest all are part of it.



# Lastly, Let them See the bright future

INSPIRE, BECOME THEIR ROLE MODEL, GIVE  
THEM PRACTICAL SOLUTIONS & ALLOW  
THEM TO SEE THE BRIGHT FUTURE!



THANK YOU !



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