

Let's have a conversation!

Monthly dialogue with parents of Bal Bhartians on student-centric issues



Bal Bharati PUBLIC SCHOOL

Dear Parent,

Every month, we will be seeking views, ideas and suggestions from you, on various topics that are important for the progress and well-being of your child. Parents' inputs are invaluable in helping us shape the school's policies and practices to better serve the needs of our students.

Here we are featuring some of the thought-provoking responses to the first topic in this series.

TOPIC

How to prevent bullying and promote healthy conflict resolution skills among students, and how can parents help in this effort?



Vinika Ravikant
Mother of Kashvi, Class IV
BBPS Sipat



As parents, our aim is to raise awareness of bullying of children, in schools and elsewhere, and to highlight ways of preventing and responding to it. Each one should recognise our child's tendency towards certain behaviours, need for anger management, inability to form good friendships, insecurities, or feelings of inferiority. The main cause of bullying is when a kid feels unattended, unpraised, unloved or discriminated against by someone, mostly elders. Children learn from us, the way we behave with our spouse, co-workers, household help, pets. We should teach our children basic behaviours like refusing to be with anyone who bullies, not visiting a place where they don't feel comfortable, and immediately reporting such incidents to parents or teachers.

Manisha Sharma
Mother of Ishaan, Class VIII
BBPS Dwarka



We need to encourage our children to openly discuss their experiences, concerns, and feelings with us, by providing them a non-judgmental environment. We must teach our children empathy and respect for others, and encourage them to see things from different perspectives. They should also be taught about different forms of bullying (verbal, physical, and cyber bullying), and the importance of being assertive (not aggressive) in dealing with a bully. Cocurricular activities can help build their self-esteem, teamwork skills, and provide opportunities to interact with diverse peer groups. Students should be taught conflict resolution skills such as active listening, finding win-win solutions, and taking assistance from trusted adults if a conflict escalates.

Pushpa Yadav
Mother of Aena, Class VIII
BBPS Manesar



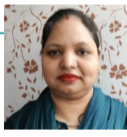
When a child is being bullied anywhere, it can be very stressful and confusing on what steps to take to stop it. This can have a huge impact on children as they feel anxious, low, embarrassed, or isolated. As parents, helping our children in building resilience and confidence is one of the most important gifts we can give them. Resilience is being able to manage and bounce back from stress, challenges, trauma or adversity that life brings. When children are resilient, they are going to be more confident and adaptable to the world around them. I will encourage my child to be vocal if she is bullied, and I would listen calmly and offer comfort and support. I will remind her that she is not alone and that a lot of people get bullied at some point in their lives. I will explain that it's the bully who is behaving badly and not her. And finally, I will talk to the guardians and school authorities about the issue and help in counselling the child who is being a bully.

Deepakk Narrang
Father of Ameyao, Class X
BBPS Rohini



In these times of OTT platforms like Netflix and Prime, core values like forgiveness, letting go, care and respect have dwindled. We parents should make sure our children know how to act maturely and in a respectful manner by understanding the importance of values. Spending more time with their grandparents, listening to their life stories and memories will help them connect with people more than the gadgets. Today's youth is hardly aware of the stories of Mahabharata and Ramayana, and the lessons they have for us – care, trust, truth, compassion etc. When we, as parents, inculcate these values in them, the school can help conduct sessions where students can present their opinions on themes like the abduction of Sita, or Lord Ram's 14-year exile, so that they understand that actions have repercussions, and realise the consequences of wrong actions like bullying, and start acting with kindness and responsibility.

Jyoti Choudhary
Mother of Lakshita, Class VIII
BBPS Gangaram



The most effective way of ensuring our child doesn't become a bully is to be a role model for him or her. Model behaviour at home means treating others with kindness, respect, and empathy. Children learn from observing their parents, so we must ensure our behaviour aligns with the values we want to instil in our child.

Sapna & Arvind Arora Kashyap
Parents of Amrit, Class II
BBPS Khargone



Instead of challenging a bully and giving him or her the attention and sense of power they seek, it is better to give them an assertive but unemotional response that will make them know you do not intend to be victimised.

Pushendra Singh Baghel
Father of Vanshika, Class VII
BBPS Anuppur



Children's education starts at home and parents are their first teachers. Parents play a crucial role in shaping a child's personality, character, habits, emotional development etc. It has been found that parents don't spend quality time with their kids due to which the kids get involved with other things like mobile phones, social media, and bad company. It is the parents' responsibility to make their children aware of the social issues around us and discuss the positives and negatives with them. Parents must teach students values like caring, sharing, helping, respecting with certain moral-based stories. Engaging kids in household work, encouraging them to speak with elders, taking care of old people etc. can help them develop a healthy environment to live in.

Soumyatha Nair
Mother of Anushka, Class VIII
BBPS Jhanor



School staff should be trained to identify and respond to bullying, while students must be provided a reporting system that is easy to use and confidential. Victims of bullying need support to cope with the emotional and social consequences, through counselling and peer support groups. As parents, we should talk to our children about what bullying is, and what to do if they are bullied or see someone else being bullied. School should share its bullying prevention policies and procedures with parents. By working together, schools and parents can create a safe and supportive environment where all student can thrive.

Sumit Kumar
Father of Aadrika, Mont I
BBPS Gadarwara



असामाजिक तत्वों और कृत्यों से बचने या बचाने के लिए कई तरह से हम उनकी मदद कर सकते हैं, जैसे आस-पास, देश-विदेश में होने वाली ऐसी घटनाओं के बारे में बताना, उन्हें सही-गलत चीजों के प्रति जागरूक करना। उनसे संबंधित कृत्यों के परिणाम, नियम-कानून, और पूर्ण जानकारी को बताना शामिल हो सकता है। अगर कोई कृत्य नजरों के सामने या खुद के साथ होता है तो सही जानकारी होना की रिपोर्ट कहां करनी है, और रिपोर्ट करने वाली संस्था के प्रति विश्वास जगाना। बच्चों के सर्वांगीण विकास में सबसे महत्वपूर्ण योगदान उनके अभिभावकों, माता-पिता, दादा-दादी व अन्य सदस्यों का होता है। उन्हें अपने बच्चों को आपसी झगड़े से बचाना चाहिए तथा सही गलत की जानकारी समय-समय पर देती रहनी चाहिए। साथ ही बच्चों से अच्छी-बुरी बातों को परिवार के सदस्यों के साथ शेयर करने की आदत विकसित करना भी महत्वपूर्ण हो जाता है।

Adity Saxena
Mother of Pawani, Class XII
BBPS Noida



Creating a harmonious environment for students from diverse social backgrounds is important to ensure a feeling of inclusion and to prevent bullying. To achieve this, schools can promote empathy and tolerance through regular discussions and activities that enable students to share their experiences and perspectives. Peer mentoring programmes allow students to develop meaningful connections. Promoting teamwork and collaboration in classroom activities encourages mutual respect. By embracing diversity, encouraging empathy, and providing a safe space for all, schools can prevent bullying and help students from different social backgrounds to happily coexist in a social space.

NEXT TOPIC
for August 2023

What kind of activities can we engage in at home and school, to encourage creativity and innovation in children?

Share with us your frank views about the topic. There is no correct or incorrect answer. All responses will help us in making the journey of our students more productive and joyful.