



Bal Bharati
PUBLIC SCHOOL
Noida



#BULLY TO BUDDY

SUPPORTED BY

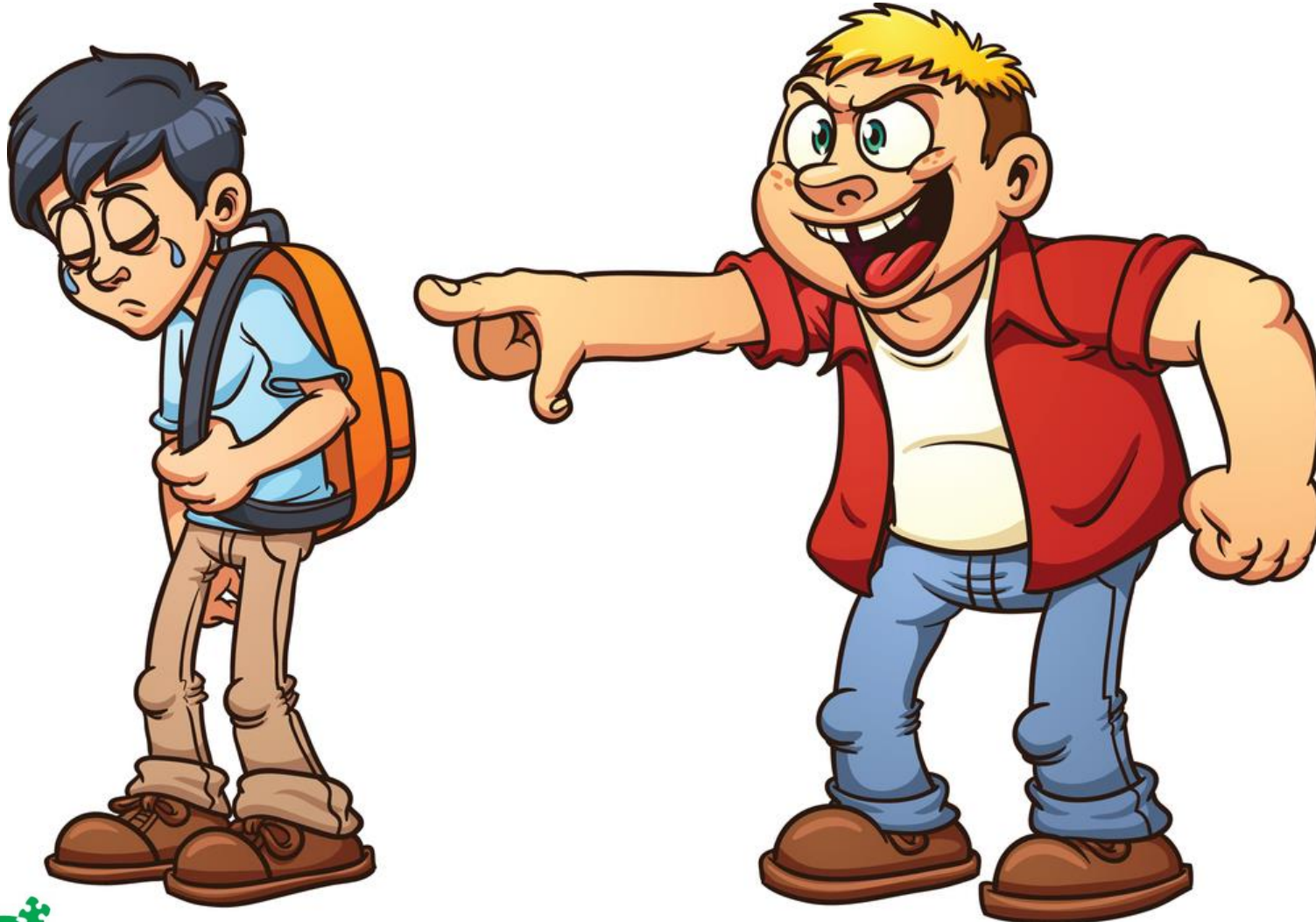
DEPARTMENT OF MENTAL HEALTH AND BEHAVIOURAL SCIENCES

FORTIS NATIONAL MENTAL HEALTH PROGRAM

FORTIS HEALTHCARE



Is bullying common in schools?



What is bullying?



This is bullying

- Unwanted, aggressive behaviour that involves **a real or perceived power imbalance**



TYPES OF BULLYING



Verbal bullying

Verbal Bullying

When you hurt
someone with words.



Physical bullying



Social/Relational Bullying



Cyber bullying



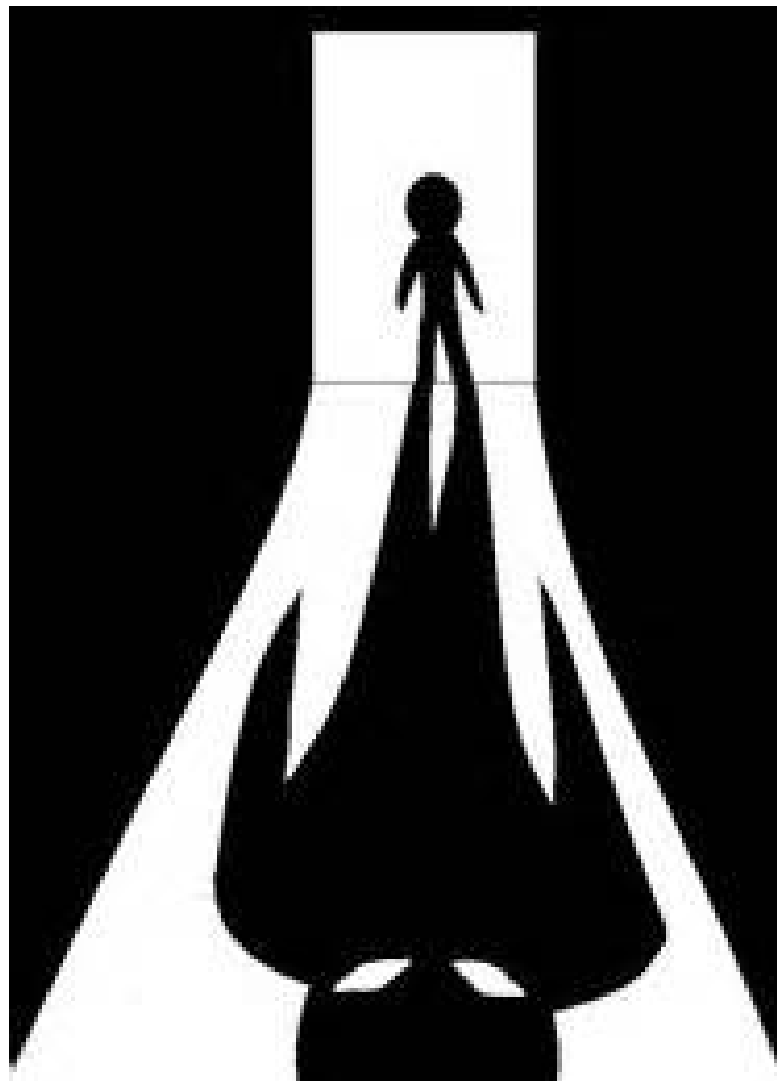
WHY DOES BULLYING HAPPEN?



Who is involved in bullying?



Who is the bully?



Bullying Behavior

“Bullying” is a behavior – not a trait



What about the bystander?



What about the bystander?

Inappropriate behaviours

- Instigating
- Encouraging
- Joining in the bullying
- Passive acceptance



IMPACT OF BULLYING



Health impact

- Physical Injury
- Somatic/ Physiological Symptoms
- Reduced immunity
- Sleep disturbances



Social impact



- Withdrawal from peers
- Social isolation
- Reduced interpersonal interaction
- Persistent feeling of loneliness



Academic impact

- Poor grades
- Deteriorated academic performance
- Reduced school attendance
- Poor participation in classroom activities



Behavioural impact

- Show aggressive behaviours
- Anger or emotional outbursts
- Making excuses to skip schools
- Engaging in self destructive behaviours
- Reduced interaction



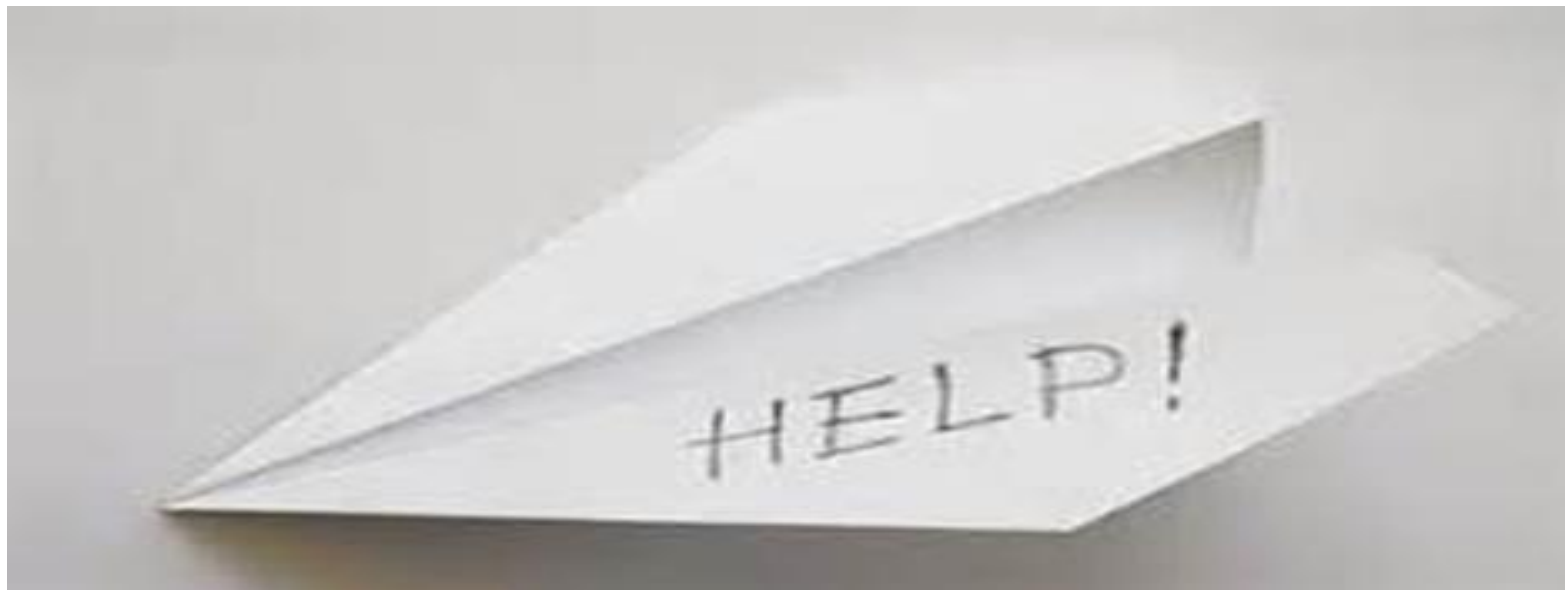
Self impact

- Poor self esteem
- Depressed mood
- Reduced overall functioning



Impact on life





WHAT CAN WE DO?



Role of self



Role of authority



MULTIPLE COMPONENT MODEL

School wide policies



Classroom Management



Teacher training



Student Training



Role of peer support



Role of observer



ANTI BULLYING SQUAD



Role of ANTI-BULLYING SQUAD

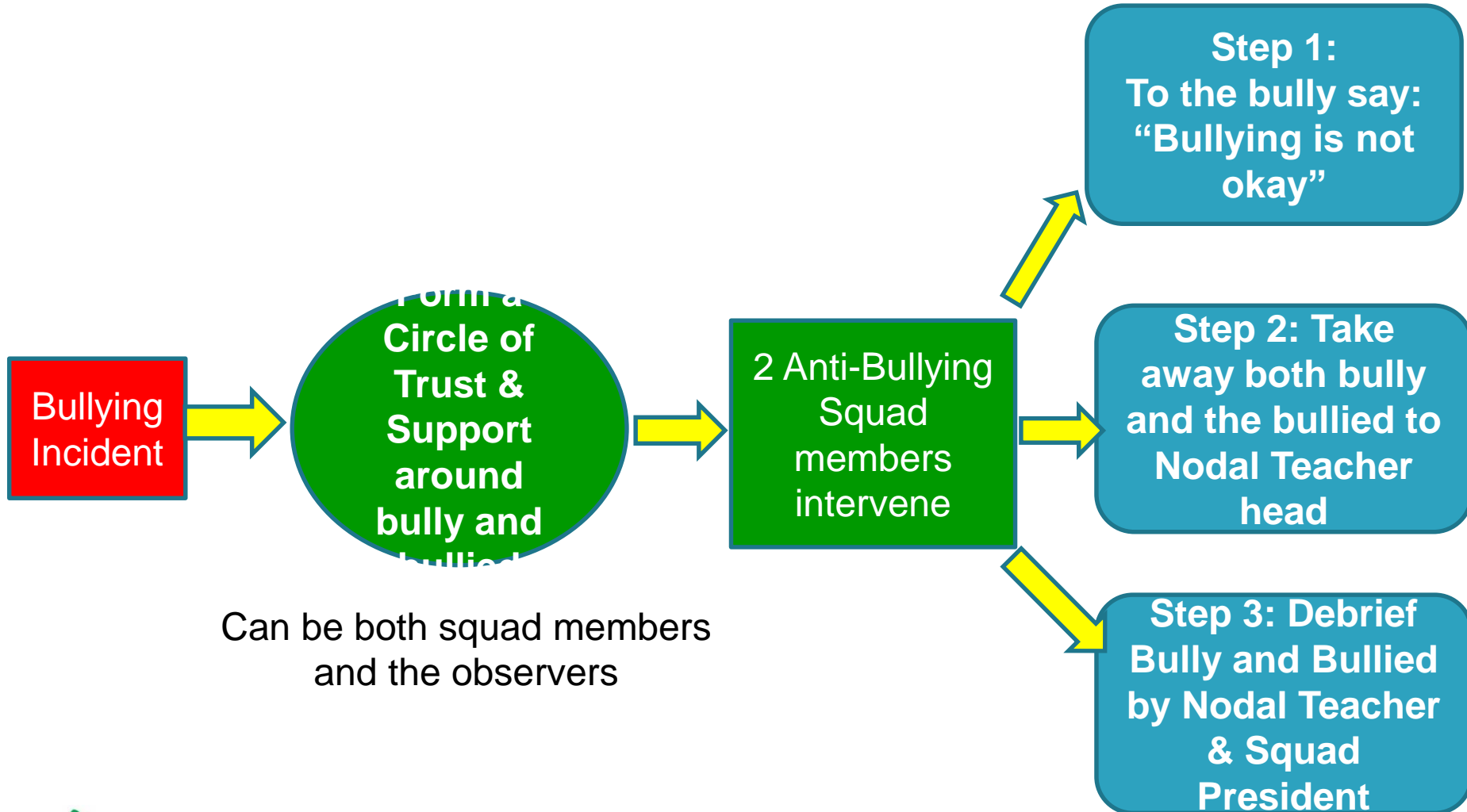
- Respond and report cases of bullying
- Encourage an atmosphere of ZERO-TOLERANCE to bullying
- To **prevent** and **intervene IMMEDIATELY**
- **Identify** and **monitor** bully zones in schools
- Encourage maximum student participation
- Preventing bullying
- Competitions and **social media outreach programme**
- Take/organise student engagement activities in schools



Procedure Of RESPONSE TO & REPORTING OF Bullying



Reponse and Reporting



Can be both squad members and the observers



Poster Making Competition

Theme “Fight against Bullying”

- Group 1: VI to VIII Group 2: IX to XII
- The poster competition would be held under the facilitation of the Mental Health Team, Fortis Healthcare.
- Prize and certificates to winning teams

Role of Squad: To organise, encourage student participation and post the same on social media platforms



Debate Competition

Theme “The Bully is a Victim”

■ Group 1: VI to VIII

Group 2: IX to XII

- The poster competition would be held under the facilitation of the Mental Health Team, Fortis Healthcare.
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Role of Squad: To organise, encourage student participation and post the same on social media platforms



#BullytoBuddy

**SOCIAL MEDIA OUT REACH
PROGRAMME**



- To use social media to create/ send a message of your work to other schools nationwide
- Set **examples** for other schools to replicate your work and move to a ZERO tolerance zone towards bullying
- Encourage your class peers (non-squad members) to also involve and participate in the same.
- All content posted on social media platforms to contain **#BullytoBuddy**



Fortis social media handles



fortismentalhealth



**Fortis School Mental
Health Programme**

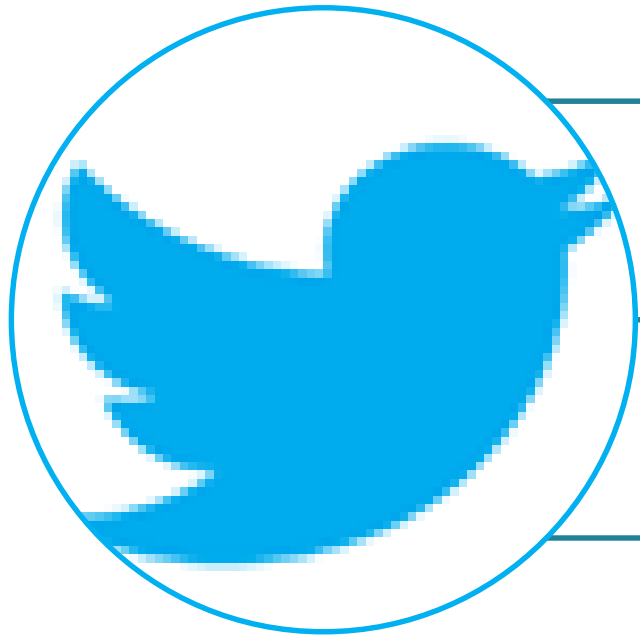


@dr_samirparikh

@fortis_hospital



Twitter



1

Twitter Polls

2

Posters, slogans, GIFs,
videos

3

Tweet, retweet, like
and TAG us



Instagram



1

Insta Stories

2

Posters, slogans, memes,
GIFs

3

Tag, Like, Repost



Let's go from BULLY TO BUDDY



Thankyou





Awareness



October is
**Bullying Prevention
Awareness Month.**
Learn more!





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