

## REPORT

### PSYCHOLOGY CLUB-ANTI-BULLYING WORKSHOP

The Psychology Club of The Bishop's School, Camp held its debutante workshop on the issue of Anti-Bullying for classes VI and VII on 26<sup>th</sup> and 27<sup>th</sup> July, respectively. The workshop was conducted by 11<sup>th</sup> and 12<sup>th</sup>-standard Psychology students to spread awareness about one of the major concerns for this age group-bullying.

Different activities were planned to relate to the students and put out the urgency of this issue. In one activity, instances of bullying and being bullied were shown and they were asked to identify. The students were told that bullying is only intentional and that hurting unintentionally cannot be classified as bullying. In another, they were asked to write affirmations or self-assuring sentences that they would use as responses to bullies.

In order to make it interesting, one of the groups also enacted scenes of bullying that people engage in. Students were then asked to write secret notes to their friends and help them overcome the fears caused by bullying. They were then presented with case studies to judge and clear their concept of bullying. The final activity in the list was 'superhero shields' - students used a paper to create their shield against bullying.

Students were also told how they can find approachable people in case of an emergency.

This was an attempt to strengthen self-concept and self-esteem and promote the idea that bullying must not be encouraged.

Some observations at the end of the two days were:

1. Seniors and older individuals often come across as more intimidating.

2. Students experience more forms of physical and verbal bullying.
3. Most people who have reported bullying, often had it sorted by the teachers and parents.

All in all, the first workshop of the club in this academic year proved to be equally enjoyable for the students and conductors alike. We hope that the message is imbibed in the proper sense and approached with a different perspective.

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## *From the Workshop...*



