

Breaking the silence

Learning To Combat Bullying Amongst Children To Create A Better Tomorrow!

Youth Power is an annual social leadership programme organised by The Global Times, where different teams from Amity schools engage in varied social causes in several stages. One of them is 'Panel Discussion' where experts from different walks of life discuss several aspects of the chosen social cause. Here's presenting **Part III** of this exclusive series, based on the panel discussions organised by YP teams in 2022-23, and a host of opinions as experts debate on 'Anti-Bullying', the cause chosen by the YP team of AIS Pushp Vihar.



The panellists with the Youth Power team of AIS Pushp Vihar

Cyberbullying - a growing threat

Panellist: Rakshit Tandon

Founder & director, Hackdev Technology Pvt Ltd.

"Having interacted with millions of kids nationwide as part of my two decades long experience in the field, I have realised that a complete erasure of cyberbullying is the need of the hour. For online sexual abuse cases are rising, with children even as young as 7-10 years old falling prey to it. Teaching cyber-hygiene and netiquettes to this vulnerable lot, thus, should be our number one priority. If they start consuming age-appropriate content, a lot of cyberbullying can be controlled. Besides, unlike traditional bullying that was confined to a small circle, cyberbullying's reach is vast, leaving a lasting digital footprint that can haunt a child repeatedly. To prevent that from happening, our immediate attention and action is needed."



To act or not to act is the question

Panellist: Dr Kshitiya Wason

Professor & head, Department of Psychology, DU

"Bystanders in bullying are inactive observers who witness instances of real-life or cyberbullying without acting, thus inadvertently contributing to the harm inflicted on victims. In contrast, upstanders display a proactive mindset by raising their voices against unfair and hurtful behaviour, thus shielding people from becoming victims of any form of bullying. Empathy, as an emotional ability, is something that can help transform the former lot into the latter, and by virtue of that, help diminish the power of bullies and break the cycle of abuse. So, if you experience anything that is demeaning, bullying, or degrading in nature, please do not be a bystander. Report it!"



Detect bullying in the classroom

Panellist: Maj Gen Gurpal Singh Bal (Retd)

Senior advisor & dean of students welfare Amity University, Manesar

"In order to detect bullying, educators should be vigilant and observant of the changes taking place in a student's behaviour, especially if he/she is hesitant to come forward. Frequent interactions with such students is one way of noticing this and finding any signs of distress or unease. When educators identify a child being put down, they should focus on building their self-esteem through innovative methods that encourage respect and admiration from peers. For acknowledging and valuing their differences, be it mental or psychological, is crucial to create a supportive and inclusive environment where the issue of bullying can be addressed effectively."



Ensuring online safety for all

Panellist: Sunil Barsaiyan

Cyber cell incharge, Amity University

"Creating awareness about cyberbullying is crucial, but it is equally important to utilise the available provisions to address such behaviour. Social media platforms offer tools to report negative content, the only thing then required is a coordinated effort from users to actively report it. Users should also be cautious when using hashtags and should consider the reach of their content before posting, as unknown audiences may contribute to negativity. Protecting privacy, thus, is vital. To attain the same, individuals must review their privacy settings, restrict permissions for third-party apps, and refrain from oversharing personal data online."



Overcoming bullying

Panellist: Ameeta Mohan

Principal, Amity International School, Pushp Vihar

"To overcome fear, children must cultivate resilience and mindful reactions to taunts and comments. A strong mindset allows them to do just that and helps them navigate through challenging situations positively. Engaging in physical games like basketball or football also creates a positive atmosphere which helps to get rid of fear. Other than that, shedding of self-imposed stigmas too is vital for their personal growth and emotional well-being. Encouraging children to embrace these strategies would empower them to face adversities with confidence and strength throughout their lives."



Find strength in role models

Panellist: Charvi Mendiratta

Alumna, Amity International School, Pushp Vihar

"My mother has always been a profound role model for me, inspiring me with her hard work and instilling in me the virtues of resilience and self-belief. Apart from her, my teachers at Amity, too, have been incredibly supportive throughout my school life. Their presence, even outside school, helped me overcome negative comments and regain confidence. I encourage others to communicate with their teachers to foster comfort in times like these. Also, talking to parents during tough times proves invaluable. Embracing these connections has played a significant role in my growth, and I hope it does the same for you too."



Part III



Expert Speak