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Bullying in Schools

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Bullying in Schools

Bullying in schools has increased, and since the effects are adverse, actions need to be taken. Research by Bradshaw et al. (2007) showed that teachers in all levels of education understand the students bullied but those with more efficacy intervene, thus controlling the practice. Based on the research, instructors need to apply several interventional strategies to improve peer-to-peer relationships which I shall incorporate in my future classroom interactions.

One strategy is applying the social and emotional techniques that support reflection and self-awareness. Here, instructors need to empower the learners to consider the effects of actions and words on other people. The golden rule would be applied here, to encourage them not to say or act in a manner they would not want the same thing done to them. The more people reflect and develop self-awareness, the more they become emotionally intelligent, which controls bullying. Another vital interventional strategy is teaching problem-solving and conflicts management skills. Some learners engaging in bullying have behavioral challenges that affect interaction with others. Whenever differences develop, they result in bullying to revenge.

Parents and instructors need to be coaches and guide learners in solving differences. For example, they would be taught about negotiation, where each party listens to the others' claims, and together a solution is developed. With these skills, the learners become motivated to solve conflicts without inflicting pain to one another. Besides, good communication skills should be taught and practiced. Instructors need to be role models in this case, where they listen to learners even when opposing them and practice apologizing. Other than being role models, they should educate the learners on why communication is necessary for interactions. Games and role-playing activities need to be applied, so the students link communication and good results.

Specifically, the strategy helps control bullying because the learners communicate when differences develop other than planning on punishing others.

In my future classroom interactions, I will apply the above strategies to control bullying among students. I will teach the learners how to reflect on their actions and words to understand the impact on others. For example, I will encourage them to remember their interactions at the end of the day, and if they feel a mistake was made, they need to apologize immediately. I will also empower them to deal with conflicts by increasing communication. In case they do not come up with solutions, I will encourage them to approach another teacher for assistance or me.

Reference

Bradshaw, C.P., Sawyer, A.L., & O'Brennan, L. M. (2007). Bullying and peer victimization at school: Perceptual differences between students and school staff. *School Psychology Review*, 36(3), 361–382.

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