

**WORKSHOP**  
**TOPIC – BULLYING**

**Objective:** To empower students to recognize bullying, understand its lasting impact, and foster a respectful and empathetic school climate.

**Target Audience:** Class 4 & 5 Students

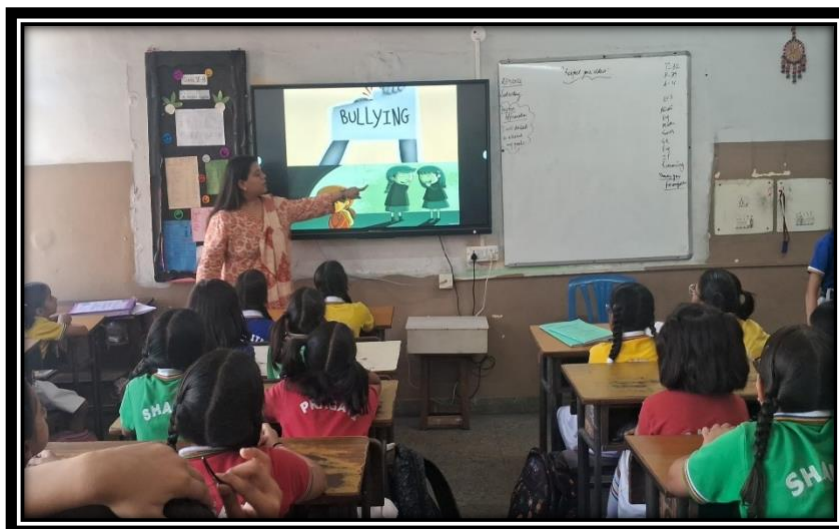
**Date:** 25<sup>th</sup> April, 2026

**Venue:** Classrooms

**Key Themes:** Empathy, Kindness, Reporting, Bystander Action

An Anti-Bullying Workshop was conducted in the school for the students of Class IV and V with the objective of creating awareness about bullying and promoting a safe, respectful, and friendly school environment. The workshop aimed to help students understand what bullying is, recognize its different forms, and learn ways to respond appropriately.

The session began with an interactive discussion where students were asked about kindness, friendship, and respect. The facilitator explained that bullying can be physical, verbal, social, or online, and that it can hurt a person emotionally as well as physically.



Real-life examples and age-appropriate stories were shared to help students identify bullying situations they may see in school or among peers.

The students actively participated in role-play activities where they learned the difference between playful teasing and harmful behavior. They were encouraged to speak up if they experienced or witnessed bullying. The workshop emphasized the importance of being an upstander rather than a bystander, meaning students should support others and report incidents to a teacher or trusted adult.

A short video presentation was shown to reinforce the message of empathy and inclusion. The students also discussed how kind words, cooperation, and understanding can make the classroom a happier place for everyone. Simple strategies such as using polite language, respecting personal space, and including others in games were highlighted.

At the end of the workshop, students shared their thoughts and promised to help make the school a bully-free zone. The workshop was informative and engaging, and it successfully encouraged students to build positive relationships and practice kindness in their daily interactions.

Overall, the Anti-Bullying Workshop was a meaningful initiative that helped students understand the importance of respect, compassion, and standing against bullying in school.

