



YOUR SUPPORT CAN MAKE A DIFFERENCE



**Bully - Free
Zone**



STAND UP, SPEAK UP
TOGETHER, WE CAN END BULLYING

ANTI BULLYING

Implement Effective Strategies to Prevent and Overcome Bullying

01. WHAT IS BULLYING?

The repetitive, intentional hurting of one person or group by another person or group, where the relationship involves an imbalance of power.

Bullying can be physical, verbal or psychological. It can happen face-to-face or online.

02. BULLYING CAN BE,

Emotional

Physical

Verbal

Racist

Cyber

03. DEALING WITH BULLYING.

- Stay Calm – Try not to show that you're upset. Walk away if you can.
- Speak Up – Use a strong voice. Say something like, "Stop it! That's not okay."
- Tell an Adult – Talk to a teacher, parent, or another grown-up you trust.
- Stay With Friends – Bullies are less likely to bother you if you're with others.
- Be Kind – If you see someone being bullied, be their friend. Say something nice or get help.

04. WHOM CAN I TELL?

- Any trusted adult in the school. eg - Your teachers, Teacher assistance, Floor Supervisor, CareNest Department
 - An Adult in your home like parents.
 - A friend
- If your being bullied,

Start Telling Other People



ANTI BULLYING

Implement Effective Strategies to Prevent and Overcome Bullying

05. TALK WITH YOUR CHILD

- Stay calm and listen carefully.
- Let your child know you believe them.
- Tell them it's not their fault.
- Praise them for speaking up.
- Ask how they feel and what they need.
- Let them know you're always there.



06. MESSAGE FROM TEAM ISB

At Indian School Bousher, we are committed to creating a safe and respectful environment for every student. As part of our Anti-Bullying Prevention Program, we continue to raise awareness and promote kindness, empathy, and inclusion.

We sincerely thank you for your support in reinforcing these values at home. Together, we can help our children build a positive and respectful school community

07. CARENEST DEPARTMENT - COUNSELLING AND SPECIAL EDUCATION TEAM

Ms. Manu Sharma +968 9208 8911

Ms. Uma Maheshwari +968 7953 1809

Ms. Aalisha Gulzar +968 7727 3020

Ms. Nupur Bhatia +968 9363 5871

Ms. Tahseen Nikhil +968 92592342

