

St Cecilia's Public School

Empathy Rocks – School is a No Bullying Zone

Workshop on Anti Bullying for Class IX



With bullying on the rise in amongst the young children, the need for empathy has never been more important. As the summer break is round the corner the students of Class IX attended a workshop on Anti Bullying.

The guest speaker of acclaim Ms Vandana informed the students that Bullying hurts everyone. It can cause lifelong anxiety and depression for victims. Bullying can occur anywhere and it hurts the educational, social and psychological well being by affecting every child's ability to learn and develop.

The interactive workshop for Class IX students made them aware about empathy and why they should care about the way others feel. Students shared their experiences, and listened to others on their journey toward true care and empathy. The workshop served as a first step which can later be complimented with the Power of Words, Bravery, and Acts of Kindness.

The students and teachers felt that the workshop definitely left a marked difference in the way the students behave and treat one another on a regular basis and express their gratitude to Madam Principal.

The session helped students understand and care for school mates who are different from them and who may be facing challenges very unique from their own.