Policy Brief on Childhood Bullying Prevention

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Background:

This concise policy briefing memo has the primary purpose of spreading awareness among the general public and stakeholders through legislative quarters. The issues of grave significance must be accompanied by the Govt. and executive support to make the policy implemented on a priority basis. Hence, the primary objective of this memo is to briefly look into the matter and provide an educated prediction about the severity of the issue and its after-effects throughout human life. So, that the respective quarters may take notice and formulate the necessary plan of action accordingly.
Children's Bullying leads to severe and damaging public health problem in children that leaves lasting impacts on their personality and performance in life. Children being bullied have to face augmented depression, unknown fear factors and mental disorders as well (Siddique et al., 2023). However, the MCH sub-population that I will be focusing on is both children and adolescents who are of different races. Racial-based bullying plays havoc as it becomes fully difficult for such children to relinquish inferiority complex and sense of discrimination in all walks of life. Children and adults ranging from the ages of 5-17 may suffer from mental disorders and disabilities because of bullying to the point where it leads them to depression and even suicidal inclination. Hence, it is crucial to address this problem for possible solutions on a priority basis.

Analysis:

- Children bullying is a universal issue that refers to an aggressive attitude among youth which is characterized by a series of multiple acts of intimidation and humiliation essence leading to power imbalance, and intentional damage towards the respective peers. Various forms of bullying may include physical, verbal and non-verbal gestures, social, or cyber-based. Often it occurs within specific quarters and contexts like school premises, neighbourhoods, or various online platforms.
- Bullying leads to very profound and far-reaching impacts that linger on both parties, i.e., the victims and the bullies themselves. It poses severe and harsh consequences on the victim group regarding mental and emotional dimensions and raises multiple complications like intensive depression, prolonged anxiety, stress disorder, emotional imbalance, diminished self-esteem, difficulties in academia, and complications in relationships along with the performance in normal routine life.
- The significance of this public health problem cannot be overstated as other than the individual

suffering of the victim, the related societal strata of bullied children like guardians, siblings and parents also disturb in their lives.

- The children undergoing bullying menace are likely to skip the classes on a regular basis and in many cases quit their further studies after secondary education. Moreover, these impacts persist towards future life in adulthood which ultimately, badly affects the mental, emotional, social and physical well-being of the victims (Armitage, 2021).
- The overall magnitude of this problem is quite alarming as most authoritative units don't grasp the severity of this problem. The statistical data proves that bullying has severe consequences on children globally. It is pertinent to mention that almost twenty to thirty per cent of school-going population is a victim of bullying with grave problems. About fifteen per cent of these are disturbed by rumours while fourteen per cent have confirmed bad names, insults and ridiculous comments.
- The survey concluded the results that six per cent of students were not allowed to participate in various activities while about five per cent faced physical aggression in the form of tripping, pushing and spatting on. Similarly, four per cent were threatened and two per cent faced property damages in some way (NCES, 2019). The statistical analysis also revealed that bullied children demonstrate higher rates of anxiety, dropout, poor academic performance and increased depression levels.
- The affected list concerning this problem is massively diversified. Bullying negatively impacts individuals regardless of ethnic, racial, geographical, and social basis. It further leads to EDB (Emotional Developmental and Behavioral) problems along with mental disorders. Racial and ethnic minorities in the country are targeted based on their cultural inclination and physical appearance like colour, complexions, and body shapes (Shetgiri et al., 2012).
- In addition, the children's communities from different races which are socially discriminated against face this problem manifold in their daily lives. For example, African Americans are on the hit list of bullying victimization more than other ethnic groups like Hispanic, Latino Asian, etc. (NCES, 2019). Bullying often leads to (attention deficit hyperactivity disorder) and ASD (Autism Spectrum Disorder) among children.
- Similarly, the said issue has pivotal significance in achieving the MCH (Maternal and Child Health) objectives. The less important and humiliating factor of the fellow being proves fatal for children's and adults' sub-conscience development. It directly impacts their overall performance ability in daily life either at home, school or playground, etc.
- However, the long-term negative impacts can be mitigated if the respective authorities and stakeholders intervene at some early stages. Addressing the children's bullying problem in impeccable way also enhances the social and educational output in alliance with minimal wastage of resources. The safe nourishment of children's psyche along with a healthy environment may enhance the safety of children.
- The many possible actions in this regard could be applied by taking the stakeholders on the board. Especially, some proposals are there for peers to play their role in lessening this very problem from quarters of society. They should learn to listen to the children attentively in alliance with how to respond to children being bullied and how to inspire them emotionally and

psychologically. By taking such steps it assures that a louder voice arises to stop and prevent children's bullying. Ultimately, such steps show that the concerned ones take care of the safety and needs of the children's community.

- As adults in the community, peers keep an open eye on children being bullied to show them that you are there for them. Such inclinations may know the bullied children that surrounding people will keep them safe no matter what bad behaviour they are facing including bullying. Similarly, I truly want all the stakeholders like parents, guardians, staff of the respective school and institute, and other adults in the surrounding community to play their positive roles and raise a voice to reduce the MCH problem.
- I want the legislative and policy-making executive slot to read and pay attention to this memo. I believe that the collaborative effort of community members and the ruling class can create a voice and a safer environment for promoting good public health for our children and adolescents, ranging from the age bracket of 5-17.
- Legislative workouts are mandatory to create a safe environment for the affected by bullying, especially those who are of different racial backgrounds and those with mental disorders or disabilities. A humble request is proposed to make rules, regulations, and policies to be implemented on a priority basis that each and every student should be treated equally adorned with transparency, justice and fair play in the society.
- The addressees of this memo have the power; authority and responsibility to formulate and implement such laws as the public has given them the mandate for the well-being and welfare of the population.

Cautionary Notes:

From the facts mentioned above, it is evident that child bullying is a severe problem in society that leaves drastic impacts. The respective authorities have to utilize all the possible solutions to nip this evil in the bud for the better future of our children.

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