



WORKSHOPS REGARDING BULLYING AND SUBSTANCE ABUSE

Date: 28 July 2015 to 30 July 2015

Venue: School Auditorium

Conducted by: Prefectorial Body

Attended by: Students of class VI-XI

Since teenage is very critical and children falling under this age group require proper counselling so as to give them a particular direction when they can't understand things, the council body decided to take this responsibility onto their shoulders and guide the students. From 28th to 30th July, the council body of 2015 conducted a workshop for the ITLeens of classes VI to XI with the main objective of understanding the problems which students usually face and providing them with a means to solve them. The workshops were based on- *Bullying* and *Substance Abuse*.

On 28th July 2015, the students of classes VI to VIII were guided upon **Bullying**. Understanding that this is a sensitive topic, the council body members opened by asking questions to the children. It was followed by the members trying to relate to the students by sharing their own problems on the subject. The students were taught how to stand up for themselves and report any problem as soon as they face it. Also, the students were asked to share their own story with everyone. The students who were initially apprehensive, slowly opened up when the council body narrated their experiences. The students shared how they face bullies in their day to day life and how do they feel. This helped the council body dig deeper into the subject and help the students by motivating them. Also, the values of self esteem, self worth and optimism were inculcated within the students through the means of storytelling and sharing. Not only as council body members but more as mentors and friends, they helped the young minds to find a particular direction through their problems.

In the two days that followed by i.e. 29th and 30th of July, a workshop on **Substance Abuse** was organised for the students of class IX to XI. Not only the students were taught the repercussions of falling prey to the habit of addiction, they were also guided upon how to stay away from ill habits and temptations. The council body, very openly discussed their experience on this subject so as to relate to the students in an easier manner. The workshop was made interactive by throwing questions at the audience and asking them to narrate their experiences. The students were taught to say no to all bad habits and stay away from negative peer pressure through the means of this workshop.

Both of the workshops proved to be very fruitful and enlightening. Not only by the means of the workshops the students were made aware but also, the bond of trust between the council body and the students seemed to have strengthened. Whenever facing a dilemma or a problem, the students came to the council body members assured that they will sort it out for them.