



# B

eaauty and Wellness



CLASS VI



Let's stand up against  
**BULLYING**

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## PREFACE

**“No one heals himself by wounding another.”**

Bullying is a problem that has been persistent in our society. Many innocent children have been facing it in schools, the reasons may differ but the fear that is imprinted on their soul lasts for a lifetime. This graphic representation for such a sensitive topic is very innovative approach. Topics like this should be approached with great care and with a feeling of utmost sensitivity, as it will pave a way for the reader to think in a particular direction.

Keeping the above said points, this graphic novel is designed with a concept that will not only help the students to introspect themselves, but also will help the mentors to reproach their way of tackling the situation. ‘**Bullying**’ is defined as, “**Intentional behaviour, which is typically repeated, that hurts, harms or humiliates a student, either physically or emotionally**”. Very often the aggressor is senior or more powerful than the victim who tilts the balance in his/her favour and prevents the victim from either protesting or reporting the incident out of fear.

Recent surveys show that **20% students experience some form of bullying**. The story seeks to give a very strong message to young readers. The story makes students aware that bullying, in any form, is not acceptable and that they should always stand up for what is right and just. Communicating your problems and seeking help will not only help in resolving the issue, but will also make you more confident not to surrender to any injustice.

Through, the story of Rohit and Daksh, the menace of bullying is highlighted. Rohit and Daksh who are on camping trip from school, encounter bullying from their seniors. Rohit with support of Daksh, reports about bullying to his teacher; and, teacher in return speaks to the seniors making them aware of their mistakes. The story ends with senior boys feeling sorry about their behaviour and apologize to Rohit and Daksh.

## **LEARNING OUTCOMES**

- Identify and describe what is bullying.
- Identify a bully.
- Create a plan of Do's & Don't when dealing with bullying.
- Analyse the role of teachers/parents when dealing with bullies.
- Plan to avoid bullying.



# Characters



**Rohit**

A 13 year old, introvert boy. He dares to endure pain & chooses to remain silent.



**Daksh**

He is a 13 year old boy who shows immense strength & optimism even in difficult times. He understands the severity of the situation & behaves way ahead of his age.



**Senior Students**

15 year old teenagers who view violence in a positive way such as a form of entertainment. They lack empathy, not sympathetic to the need or desires of others.

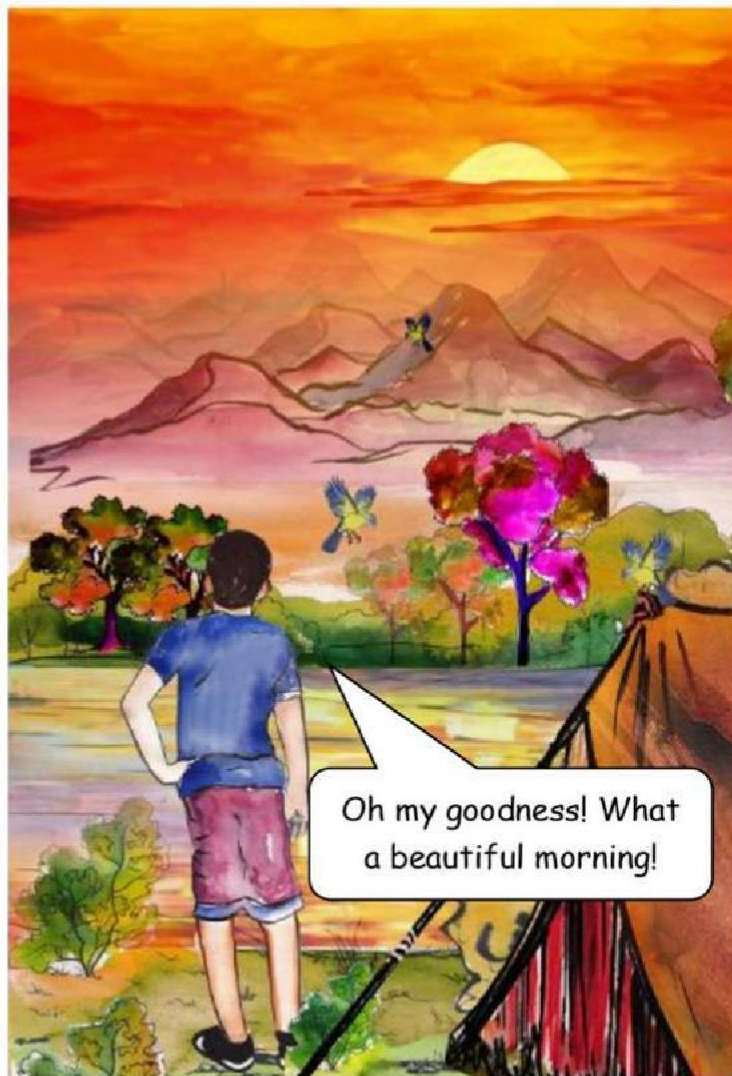
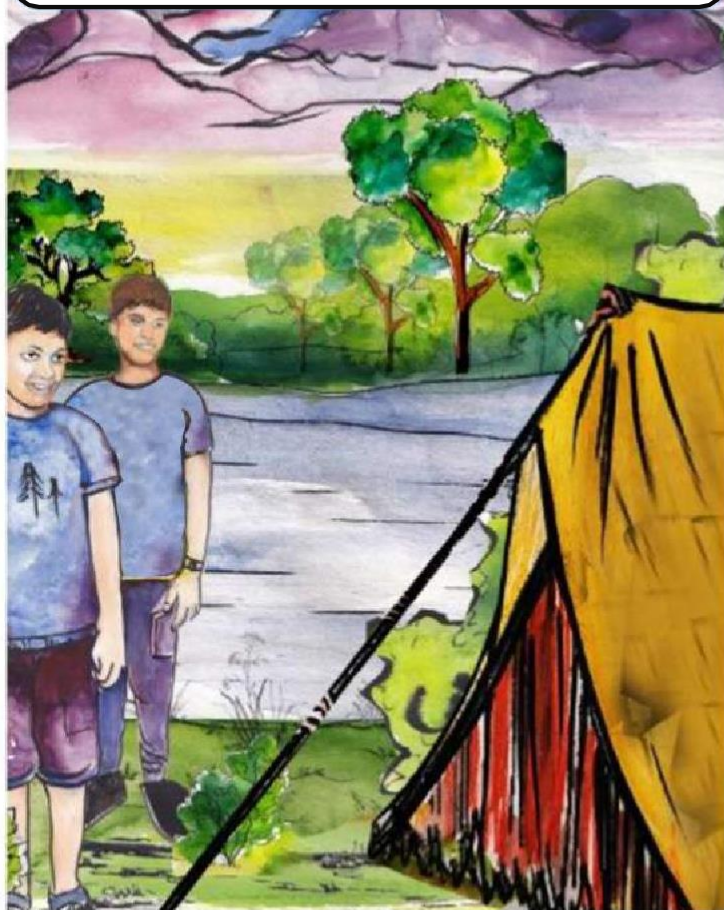
**Teacher**

He is warm, accessible, enthusiastic & caring. Teacher makes students realise that bullying is not good as it hurts others' feelings.





Rohit and Daksh are attending a Nature Camp organized by their school.  
Today is their first day at the camp.

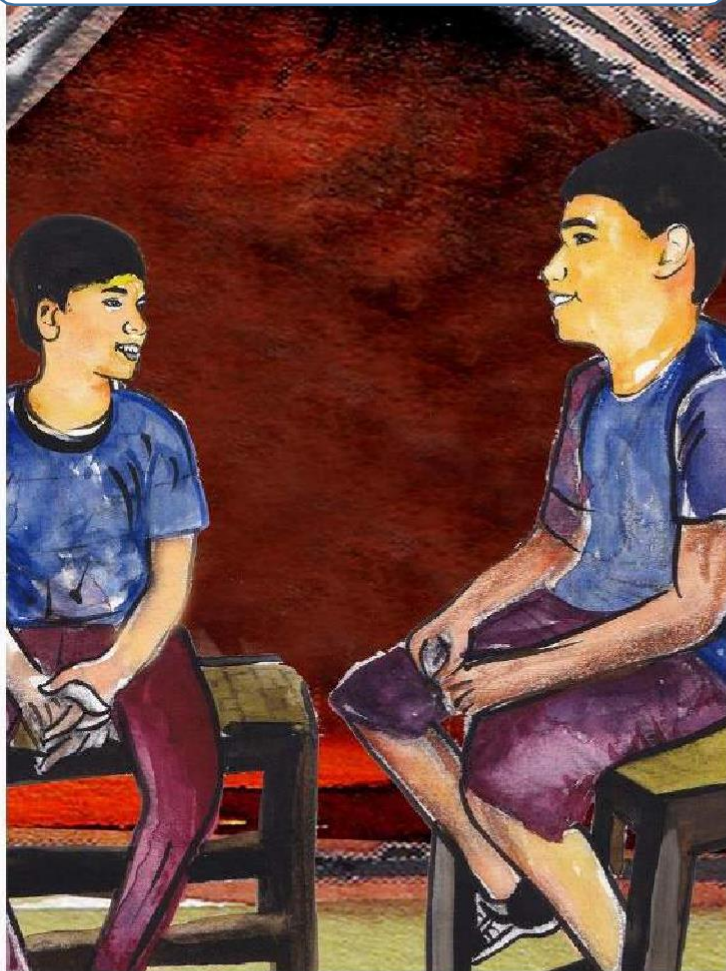


Daksh wakes up his friend Rohit who is sleeping close to him.

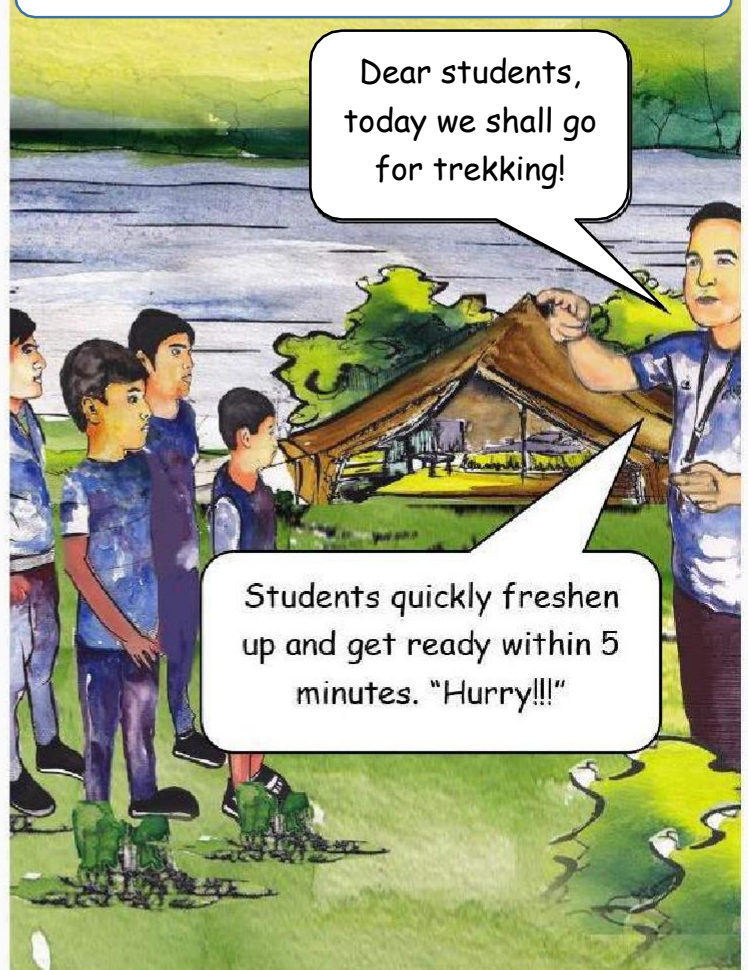




Suddenly they hear the whistle of their sports teacher.



Students move out of their tents and gather near their teacher.



Dear students,  
today we shall go  
for trekking!

Students quickly freshen  
up and get ready within 5  
minutes. "Hurry!!!"

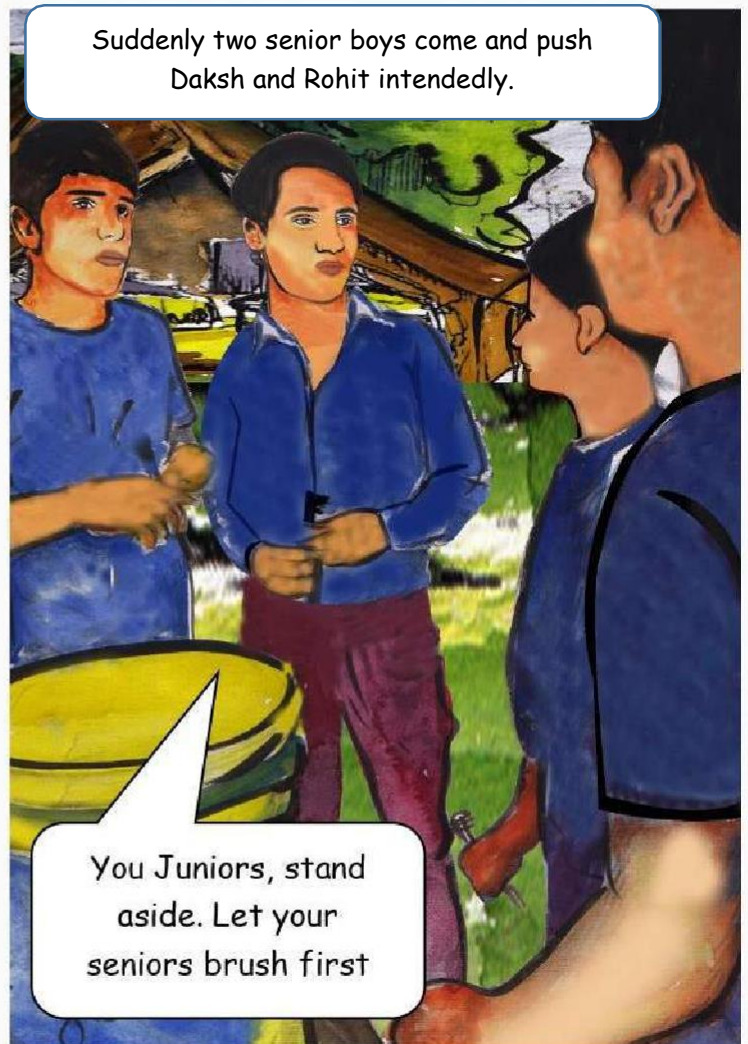
All the students rush with their toothpaste and  
brush towards the water tap.



Thanks Daksh  
for waking  
me up. We  
will be the  
first to stand  
in the line.

Yes, we will be  
ready in 5 minutes

Suddenly two senior boys come and push  
Daksh and Rohit intently.



You Juniors, stand  
aside. Let your  
seniors brush first

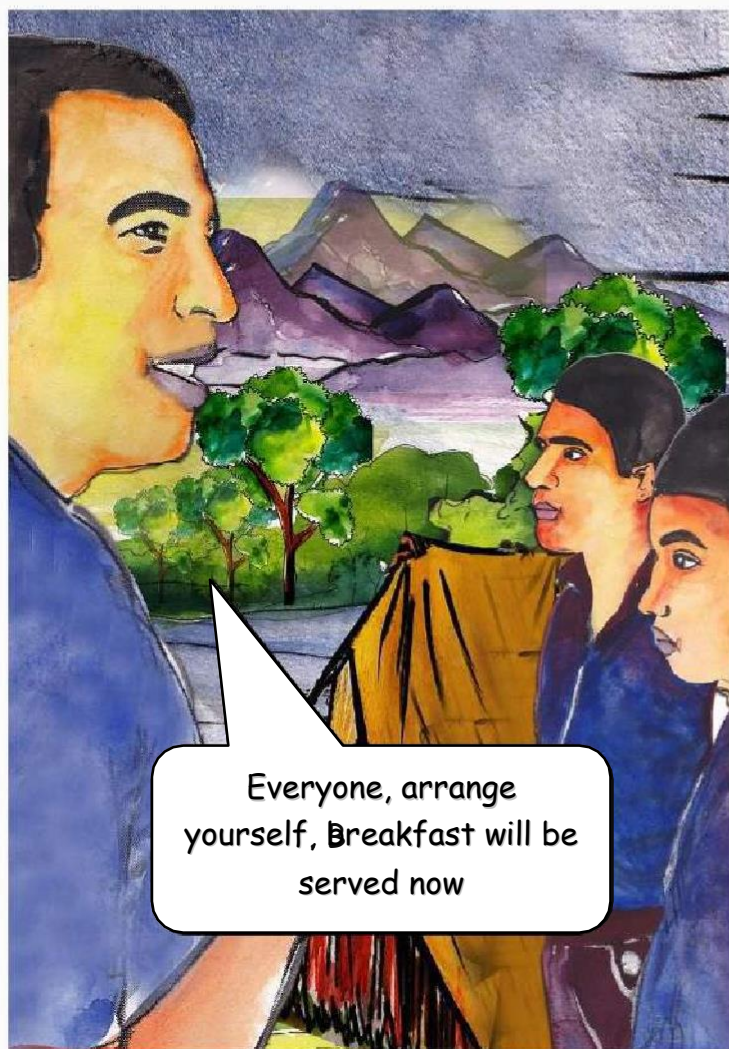
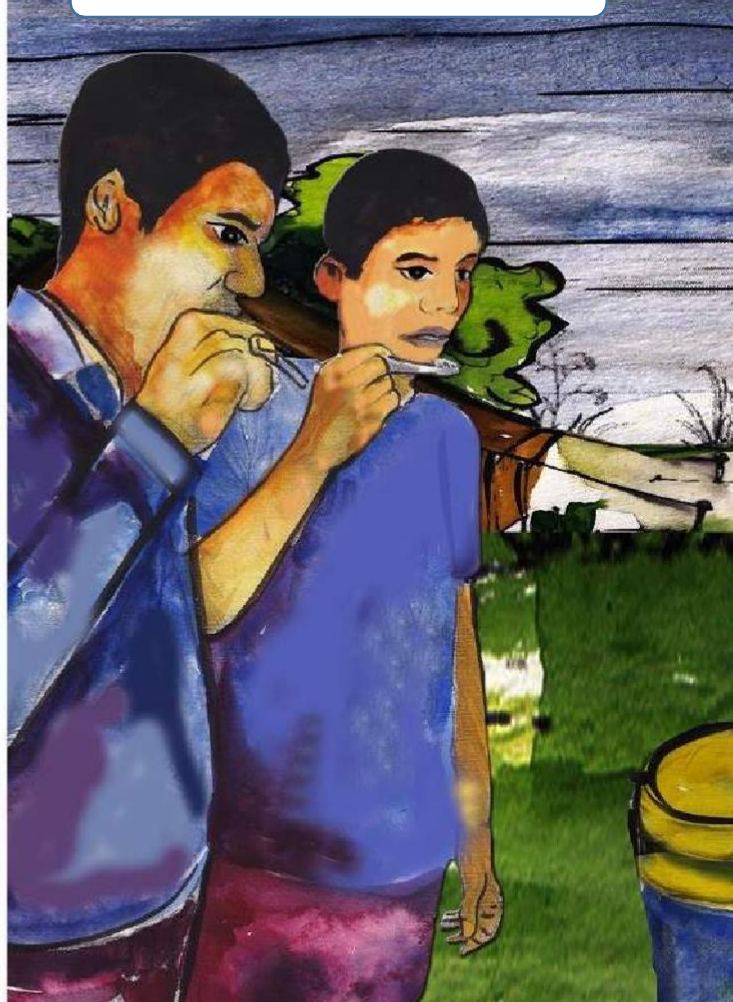


Daksh and Rohit get petrified

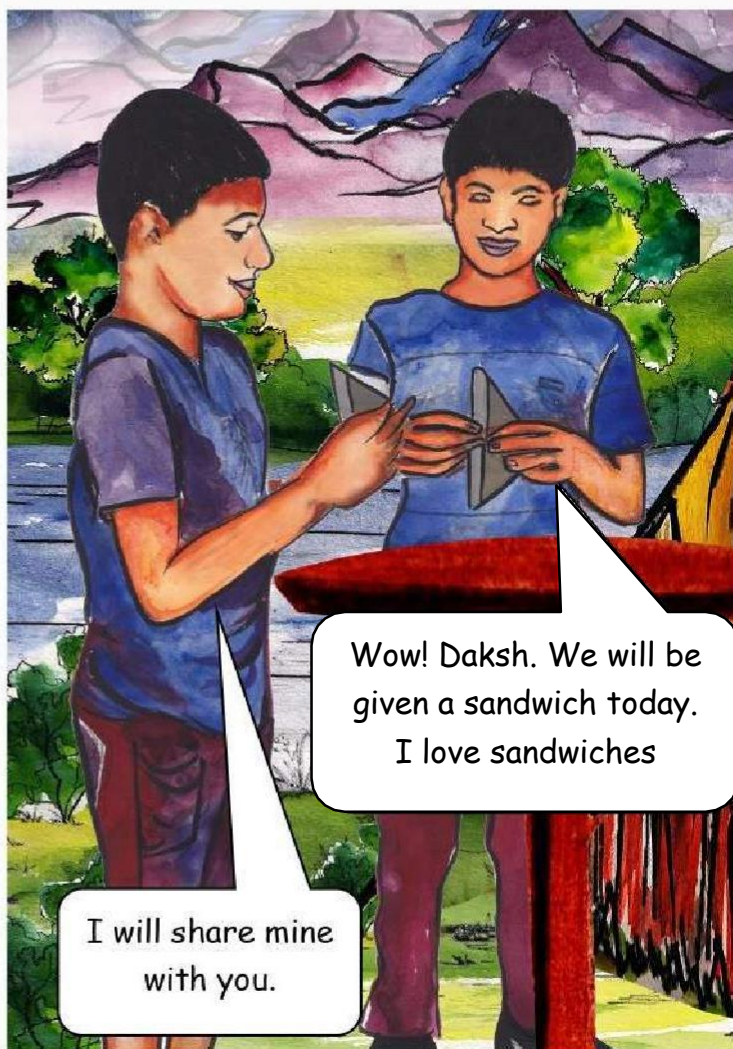


Yes, brother. You can brush first

Seniors start brushing



Everyone, arrange yourself, Breakfast will be served now

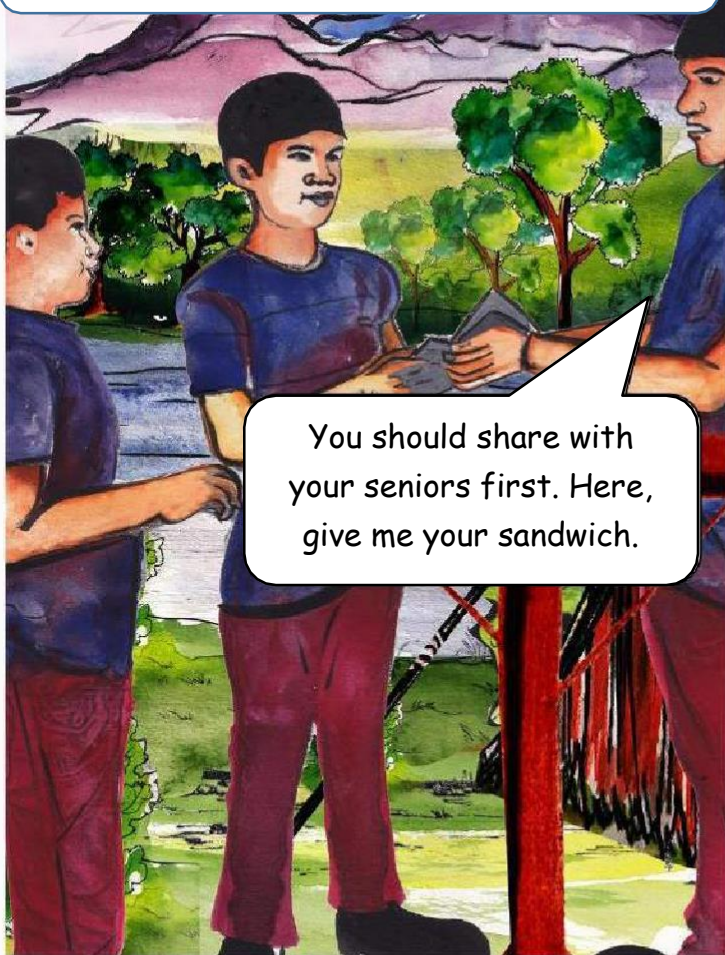


Wow! Daksh. We will be given a sandwich today. I love sandwiches

I will share mine with you.



As soon as Daksh and Rohit receive their packets, those two senior boys come again.



You should share with your seniors first. Here, give me your sandwich.

Senior student snatches the packet from Rohit.



No, please. Do not take my sandwich

Those boys push Rohit to the ground. Daksh tries to hold him.



If you dare to complain to the teacher, the result will be very bad for you.

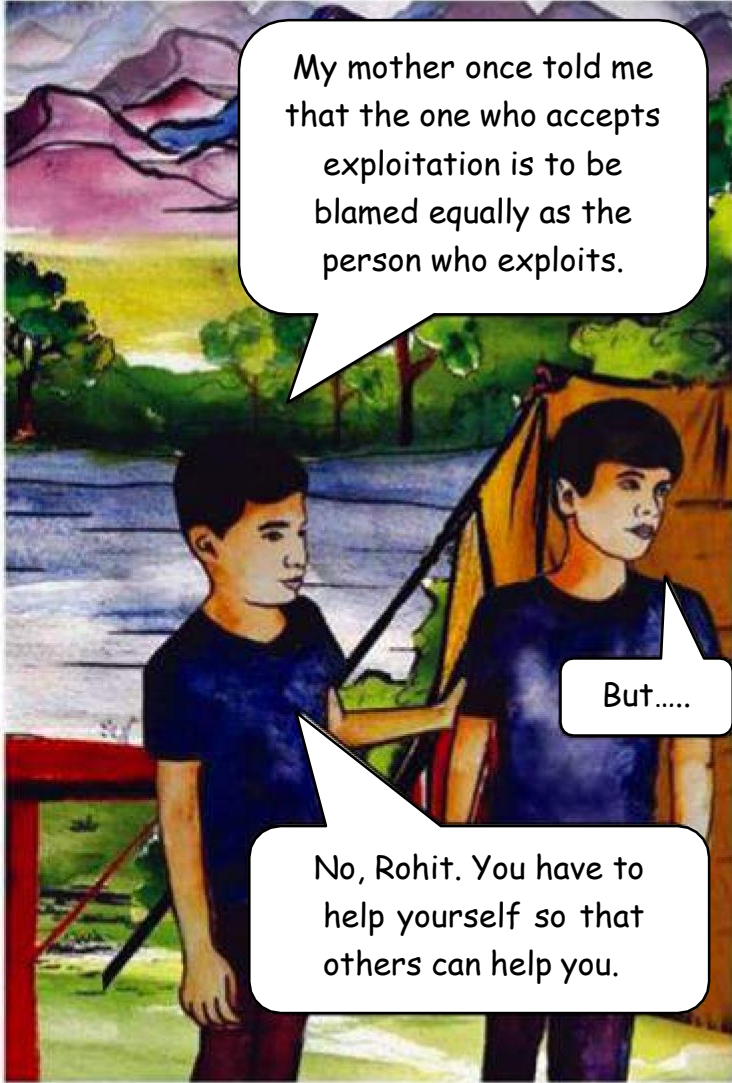
Daksh helps Rohit to stand up, the two boys leave.



Come Rohit. We will tell this to our teacher

Oh no! Daksh. They will do this again.

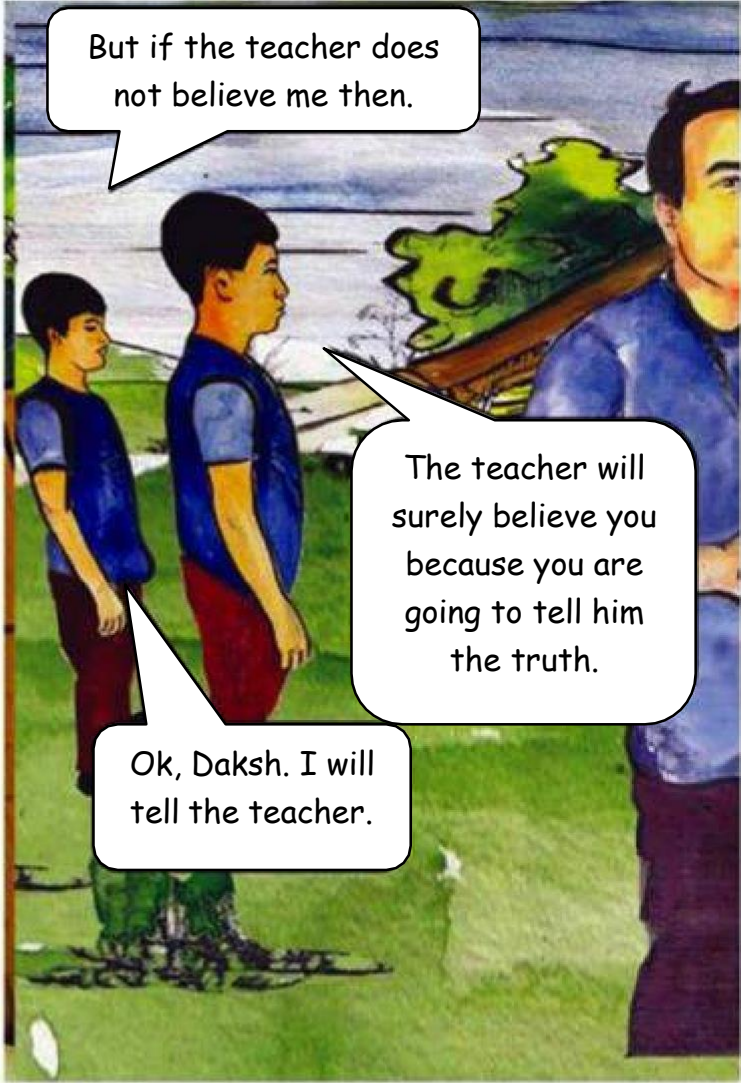




My mother once told me that the one who accepts exploitation is to be blamed equally as the person who exploits.

But.....

No, Rohit. You have to help yourself so that others can help you.

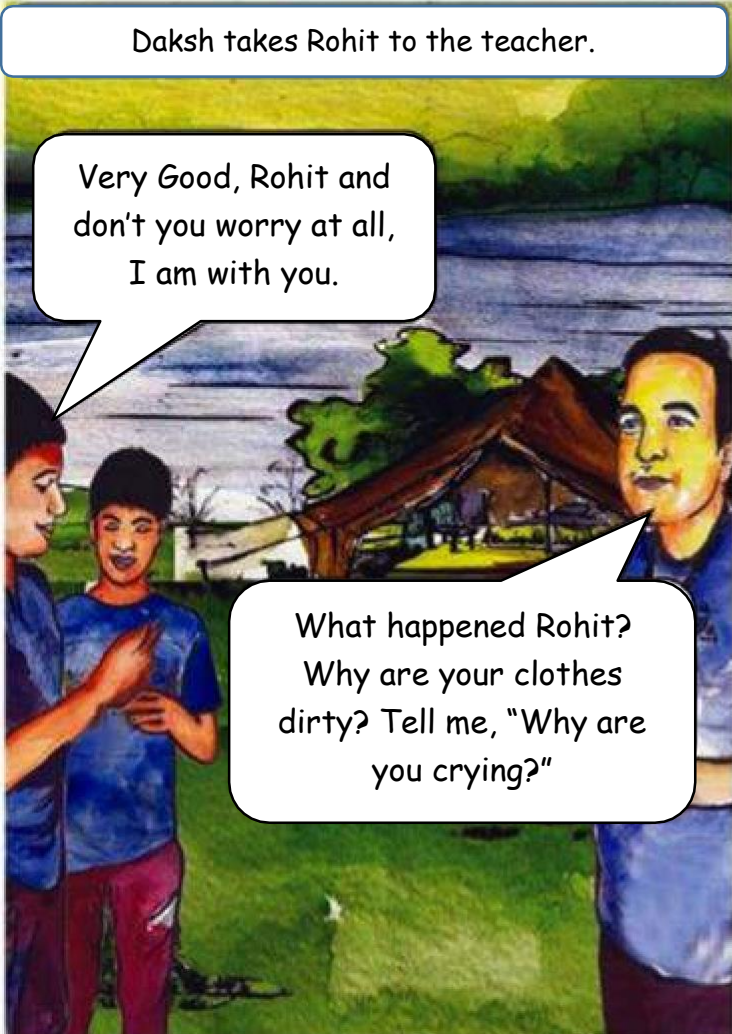


But if the teacher does not believe me then.

The teacher will surely believe you because you are going to tell him the truth.

Ok, Daksh. I will tell the teacher.

Daksh takes Rohit to the teacher.



Very Good, Rohit and don't you worry at all, I am with you.

What happened Rohit? Why are your clothes dirty? Tell me, "Why are you crying?"

Sir, the senior students pulled me and snatched my breakfast.

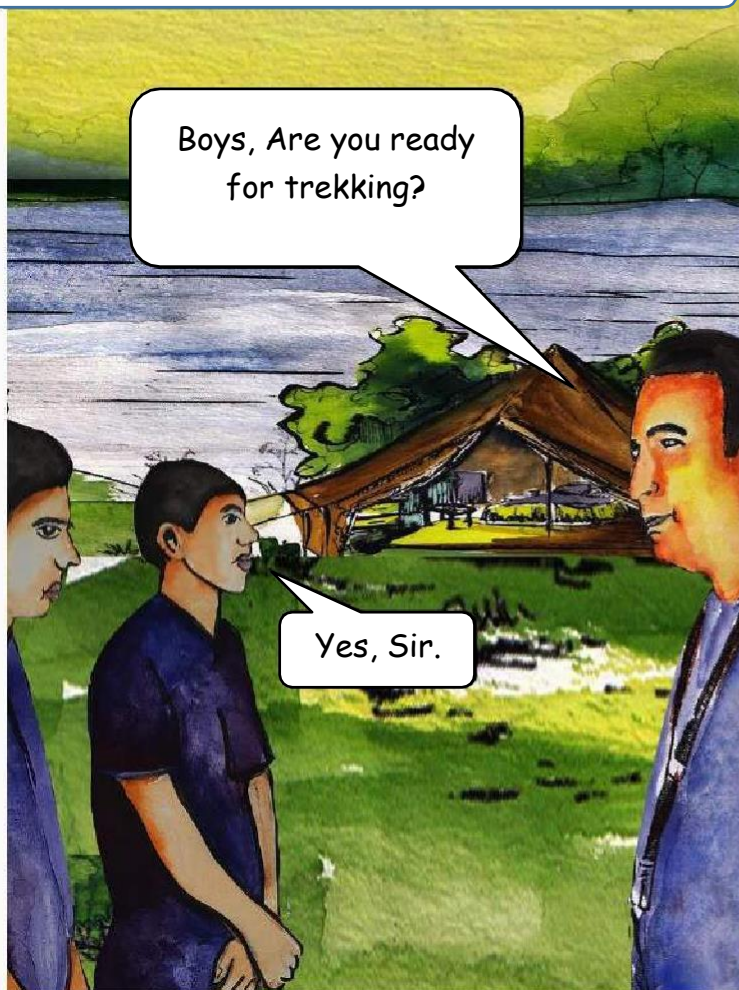
Oh! Is that so?

Yes, Sir. And, they threatened me not to tell you anything.





Teacher calls the senior students.





Senior students immediately realize that their teacher knows about bullying.

What happened?  
Will you not help?

Sorry, Sir.

Saying sorry is not  
enough, children. Being  
senior does not mean  
that you can act rudely.

You should be more  
responsible.

Sir, we have realized  
our mistake.

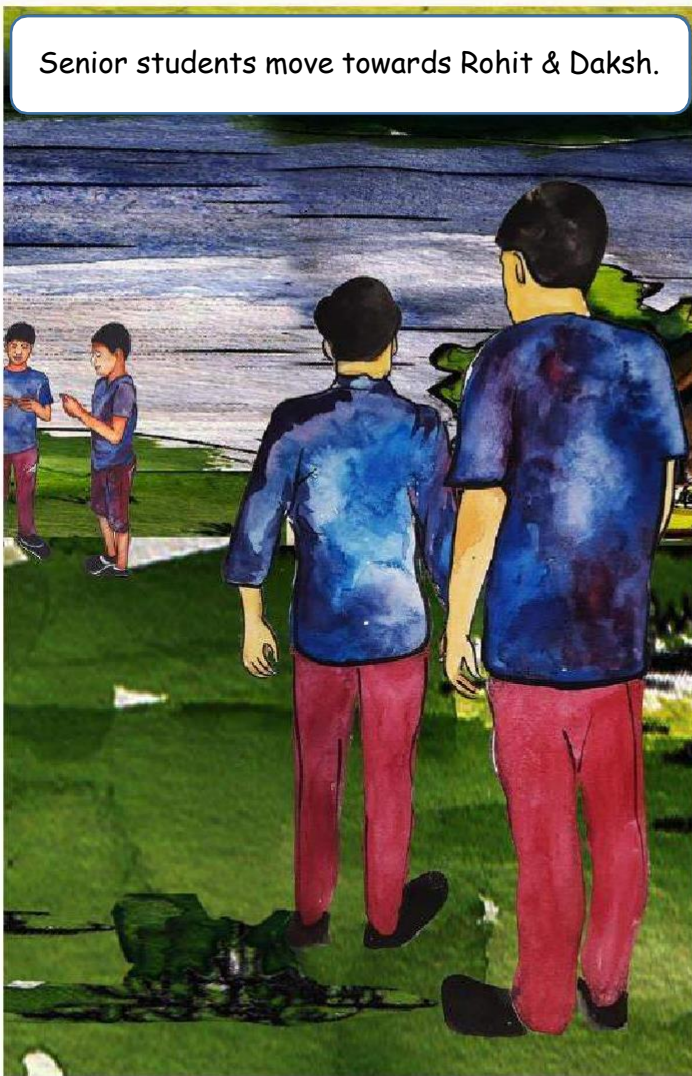
I trust you, children.  
You are seniors and  
therefore you should  
help your juniors.

Sir, thank you for guiding  
us. We will never give you a  
chance to complain.

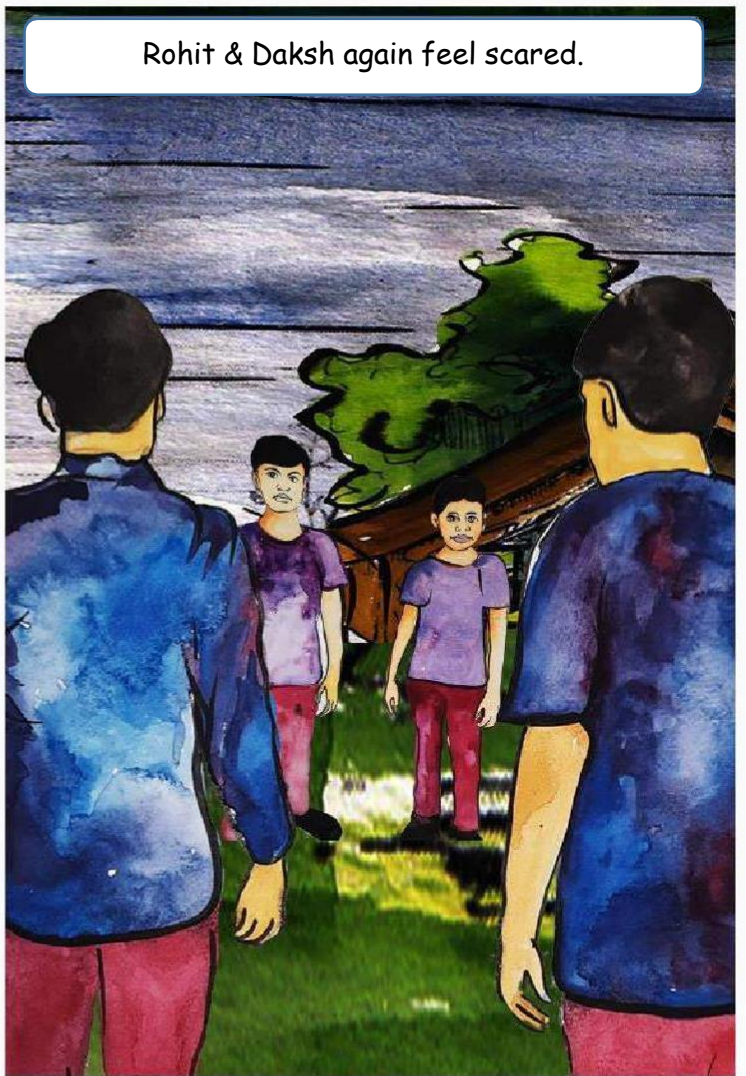
Well done! Students we  
will go for the trek  
after 10 min from now.



Senior students move towards Rohit & Daksh.



Rohit & Daksh again feel scared.



Hello, juniors.  
How are you?

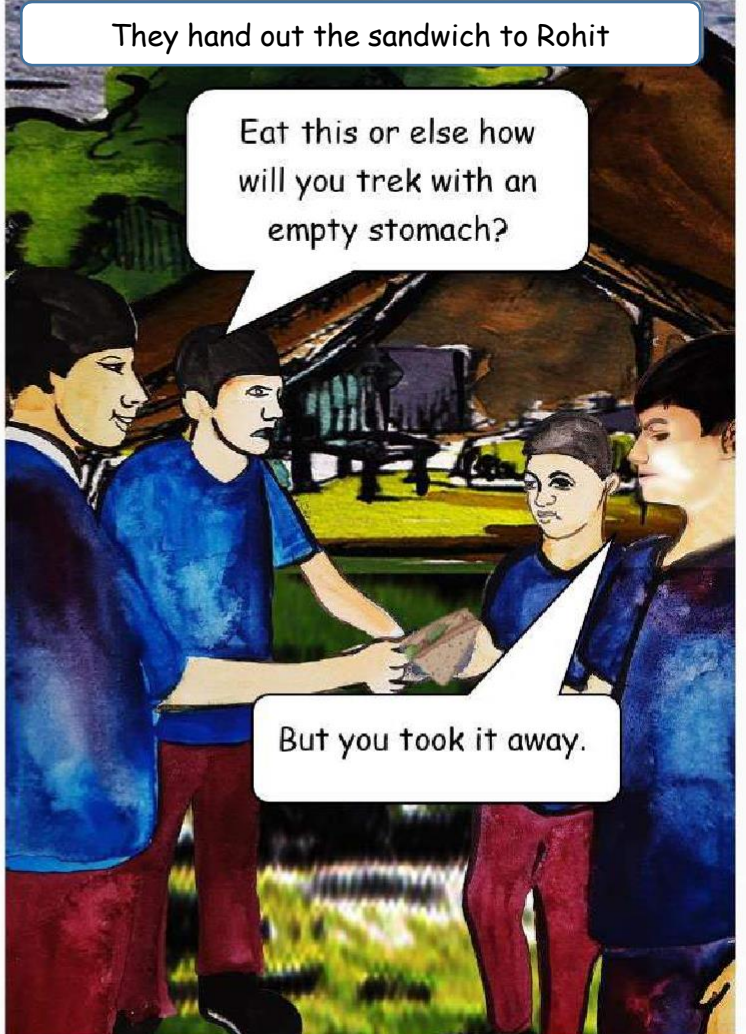
Here you go!



They hand out the sandwich to Rohit

Eat this or else how  
will you trek with an  
empty stomach?

But you took it away.





Rohit takes the sandwich from the senior students.

Yes, I did. But, How can I let my brother be hungry? We are your seniors and we promise to take care of you.

Thank you so much! We respect wonderful seniors like you.

They happily go trekking together.

## ASSESSMENT

### **A. Choose the correct option -**

1. Reason for bullying among students.
  - a) Power
  - b) Fun activity
  - c) Personality type
2. Why bullying is manifestation of social status?
  - a) Popularity
  - b) Aggressiveness
  - c) Self- centered
3. Cooperation among seniors and juniors create .....
  - a) Leadership
  - b) Team building
  - c) Group formation
4. Expected role of teacher in avoiding bullying at school
  - a) Confidence building in weaker students
  - b) Aggressive nature towards bullies
  - c) Being neutral in nature
5. If you want to complain, what's the best way to behave?
  - a) Stay calm but stick to your point
  - b) Get very angry
  - c) Get ready to cry
6. What is important when teacher communicates with his/her student.
  - a) Empathy
  - b) Sympathy
  - c) Apathy
7. Peers are people who are:
  - a) Younger than us
  - b) Older than us
  - c) Of our age group
8. Bullying is a type of behaviour which is:
  - a) Rare
  - b) Habitual or repeated
  - c) Unintentional



9. Why peer pressure arises?
- a) Fit into a group
  - b) Ignorance
  - c) Behave distinctively

**B. Answer the following questions briefly in your own words:**

1. Do we sometimes need to say NO to our peers? Why?
2. Do you get stressed? How often? Mention the reasons that give you stress.
3. How can positivity help students?
4. What are the techniques can be applied to relax yourself in stress?
5. How should you approach the right person in an adverse situation?

**C. Think and suggest:**

1. Raghav and Raman are two friends in Class VI.

Raghav does not share his own tiffin but finishes Raman's tiffin everyday. Raghav also makes Raman carry his bag to the bus frequently.

- Do you think this is right? Give reasons.
  - Is Raghav a true friend? Suggest what should Raman do about the entire situation.
2. When you went to the library the other day you saw two senior students forcibly taking the Geometry Box from a junior student. He looked scared and did not even tell his teacher.
- Do you think the junior student should have informed the school authorities about it? Give reasons.
  - Suggest what should the boy have done in that situation?

**D. Try and think to choose the correct set of statements that truly indicate the measures that would help to counter bully and stress.**

1. Boost the self confidence in communicating the thoughts.
2. Learn to make the person responsible, realize his mistakes.
3. Non- cooperative attitude towards other around.
4. Learn to handle the adverse situations
5. Be introvert and avoid communication.
6. Be adamant on your thought process.

**Answers**

**Option a) 3, 4, 5**

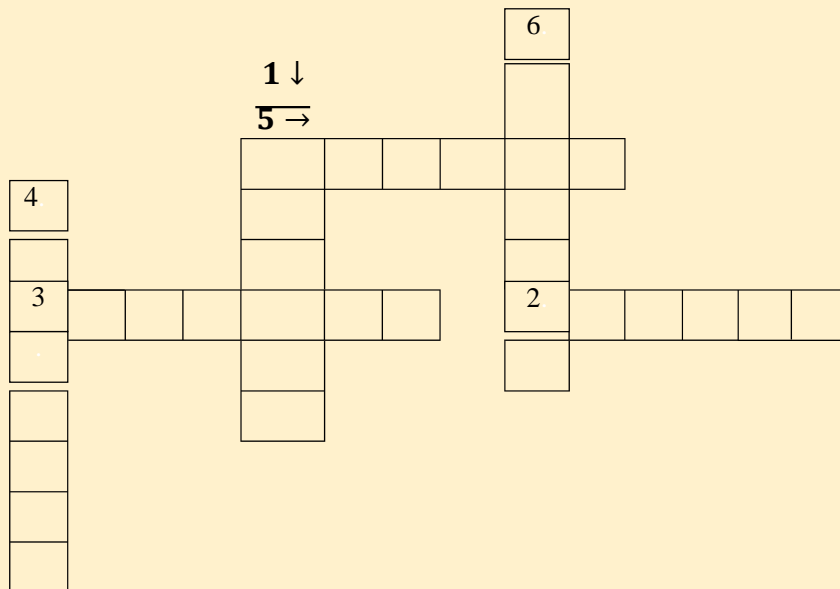
**Option b) 1, 2, 7**

**Option c) 4, 5, 6**

## CROSSWORD

**Solve the crossword with the given clues:**

Senior	Promise	Snatch	Scared	Empathy	Trekking
--------	---------	--------	--------	---------	----------



ACROSS	DOWN
2. Being in a state of fear or panic.	1. Which word in the story is similar to grab.
3. Ability to understand others.	4. To go on a long arduous journey on foot.
5. A word used for older or more experienced people.	6. A declaration of assurance that one will do something.



## GLOSSARY

**1. Bullying :-**

The behaviour of a person who hurts or frightens someone smaller or less powerful:

**Similar:-** imperious, despotic

**2. Energised :-**

Give vitality and enthusiasm to.

**Similar:-** Liven up, vitalize

**3. Exploitation:-**

The action or fact of treating someone unfairly in order to benefit from their work.

**Similar:-** Taking advantage, Ill treatment

**4. A Chance:-**

A possibility of something happening.

**Similar:-** Accidental, Coincidental

**5. Nature Camp:-**

A place where people stay in tents or other temporary structures to visit or live for a while to enjoy nature.

**Similar:-** Campsite, Encampment

**6. Peer pressure:-**

A feeling that one must do the same things as other people of one's age and social group in order to be liked or respected by them.

**Similar:-** Group pressure, Social pressure.

**7. Trekking:-**

The act of making a long and often difficult journey on foot. **Similar:-** Hike, Tramp

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## SUMMARY

In this story we read about two young boys, Rohit and Daksh, who are on a camping trip from school. The boys are very happy and excited, but soon their happiness turns to panic and dread, when two senior boys start bullying them. The young boys are too scared to stand-up to their seniors and feel sad and helpless. Then Daksh remembers his mother's words that one should never be afraid to protest against injustice. He encourages and convinces his friend Rohit to report the bullying to their teacher.

The boys approach their teacher and narrate their problem to him. The teacher promises to handle the problem and tells them not to be afraid. The teacher then summons the two senior boys and makes them aware of their mistake. The boys feel sorry about bullying Rohit and Daksh, apologize to them and make friends with them. Thus, the story ends on a positive note and teaches us all an important lesson about bullying and how it can be resolved.

## **DISCLAIMER**

This novel is published as a reading material to enable the students to have a better understanding of the topic. The characters used in this graphic novel are fictional and resemblance of any character or incident is merely a coincidence. Art work is done by teachers.

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# BULLYING



