

Good example of essay on lesson plan to build self esteem to tackle bullying

[Sociology](#), [Bullying](#)



- •Subject: Moral Science
- Lesson topic: Bullying trend among the school student
- duration: 15 minutes
- Objective:
- Also, the students will also learn how to tackle the bullies in school and outside the school.
- The students will also learn to build self esteem which would help them in tackling the bullies.
- Summary of lesson: The physical impacts of bullying are well known: bruised eyes, wounds, migraines, rest issues, and stomach aches are around those we all co-partner with the abuses of bullies. Yet others are frequently ignored. The most concerning of the aforementioned need to do with the commitment to unmistakable mental health issues like melancholy and self-destructive ideation. Bullying harms a tyke's capability to see herself in a positive light. An adolescent whose regard toward oneself is shot may begin to accept what the spook says is accurate, and start to spook toward oneself with considerations of being feeble, monstrous, or useless. This may accelerate self-hatred or feeling miserable. Social withdrawal and social strain might additionally turn into an issue, hurting the armature's regard toward oneself considerably more. One especially risky after effect of bullying is resentment, which can realize contemplations (or movements) of countering. In order to tackle a bully, one must have high self esteem within them. This is because by having self esteem, they will not be able to be under depression or consider themselves weak. Thus, through the group discussions, the different ways to build self esteem will be familiarised. The

opinions will be recorded and each student will be observed by the coordinator up on active participation. Their behaviour towards the topic will be evaluated and the students who have been bullying students or have been bullied will be counselled to help them cope up with the situations. The students will be asked to give a self evaluator form or submit a feedback on the lesson plan. Their feedbacks will be evaluated accordingly by the coordinator or teacher.

- The standard: The discussion will comply with the standards of the school where it will be implemented and will adhere to the ethical behaviour of the students at the same time.