

Example of changing a bully essay

[Technology](#), [Development](#)



Clearly, Antonio is a student bully, who is ready to change. The problem, as could be with anyone that intends to change, is the fact that he cannot go through the change process alone as this may be difficult, especially considering that he may stay too long at the denial stage. This means that he will need the help of the people around him. Considering that bullying is mostly a vice associated with the school environment, the people around Antonio are his fellow students and his teachers (Swearer et al, 2009). As his teacher I would use various approaches in assisting the reformed bully. Among the primary approaches is the decision to use the entire class. In using the entire class to assist the reformed bully, I would subject the students to a number of activities, the primary activity being contributory approach. As explained by National Bullying Prevention Center (2012, may 19), I would write the words “ I discourage bullying because. . .” then I would ask the students to give their reasons.

In the second activity, I would give the class a number of questions, top on the list being the questions: what is your understanding bullying? And what are the disadvantages of bullying? I would then sample out the answers and write them on big papers which I would hang on the walls. These two activities will act as constant reminders that bullying is bad, and is associated with numerous negatives (Lee, 2004). In addition to such a class approach, I would as well give helpful ideas and strategies to the bully that is willing to reform. The most effective idea or strategy that I would give Antonio is a checklist. In this checklist, I will list him various activities that he will be doing on a daily basis. The checklist will require him to interact with his classmates on an amicable note and make friends with a new student

every day. Among other things, the checklist will help him evaluate his personal progress at the end of each day.

According to Ttofi and Farrington (2009), the most effective way of helping bullies change is through using their peers. The scholars explain that it is through acceptance by peers that the bully will see the need to fit into society. An approach that involves the students will indeed make Antonio feel like he is part of the class, and this will drive him to change his ways so as to act and appear like the other peers. In an endeavor to help the class support their former tormentor, I will be a counselor and a guide to the class. I will ensure the students understand the need for accepting Antonio as part of them. I will as well make them appreciate the reality that it is through them that Antonio will reform. I will therefore make sure each one of them befriends the, otherwise outcast bully.

According to Lee (2004), bullying can only be effectively eliminated if the main stakeholders in the life of the bully are actively involved. Lee further identifies the main stakeholders as: parents, teachers, the bully himself and the students. The scholar explains that the parents and the teachers should work as a team in monitoring the development of the reformed bully. In furtherance of this presumption, I will speak with the parents on the game plan that I have devised as a way of helping Antonio. Additionally, I would serve them with the checklist that I will have given Antonio. This will help them work with me in monitoring the student's progress. Further, I would ask them to act as good counselors to the boy.

References

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Ttofi, M., & Farrington, D. (2009). What works in preventing bullying: Effective elements of anti-bullying programmes. *Journal of Aggression, Conflict and Peace Research*, 1(1), 13-24.