

**Circular No. P-16/23**

**Date: 31.07.2023.**

**DAV PUBLIC SCHOOL**  
BRS NAGAR, LUDHIANA

**Dear Students, Parents and Teachers**

Greetings!

Through this piece of writing, I would like to draw your attention towards a very important aspect of our existence and our personalities, that is our ability to interact with each other through spoken language. Human beings can express themselves in both verbal and non-verbal language but the impact of verbal language is more pronounced and long-lasting.

Effective verbal language is the cornerstone of meaningful and productive conversation. It serves as the bridge that connects individuals, allowing them to convey thoughts, emotions, and ideas with clarity and precision. Good verbal language not only fosters understanding but also cultivates empathy, as it enables us to truly listen and respond with consideration. In social settings, it empowers us to build strong relationships and create a positive atmosphere where everyone feels valued and heard. Emphasizing the importance of honing this skill not only enhances our personal and professional lives but also promotes a world where dialogue and mutual comprehension flourish.

School is meant to be a safe and nurturing environment for students to learn, grow, and develop into responsible individuals. However, the prevalence of use of foul/threatening language, and bullying amongst school students should be a cause for concern for all stakeholders. This harmful behaviour not only disrupts the learning process but also inflicts emotional and psychological damage to the offender as well as the victims.

I would like you to explore the detrimental effects of use of foul/threatening language and indulging in fighting/bullying, and their underlying causes. I would also try to provide some guidance points on fostering a respectful and responsible behaviour so as to build a highly educative, inclusive and safe school culture.

**Understanding the Impact of Foul Language and Bullying**

1. Effect on students – Use of foul or threatening language, bullying the class fellows or school students impacts the targeted students negatively.

The victims often suffer from anxiety, low self-esteem and even depression due to continuous verbal attacks and/or physical harassment. Targeted students' academic performance may decline as they struggle to concentrate and engage in a hostile environment. It can have long-term consequences, the emotional scars of bullying can persist into adulthood, affecting mental health and future relationships.

It is equally unhealthy for the bully too. It leads to alienation from academic work, creates a false sense of superiority and dominance, and chances of indulgence with anti-social activities under the influence of outsiders, which can completely jeopardise the academic career of the adolescents.

2. Effect on school environment - Foul language and bullying can lead to the isolation of the victim, making them feel excluded from their peer group and whole school community. Any incidents of bullying/group fighting inside the school or anywhere outside create an environment of fear amongst the fellow students, which can hamper the overall well-being of the students, hindering a positive and supportive atmosphere for learning.

### Guidance for Young Students

- Realize true purpose of schooling: Understand and keep in mind the purpose for which you are being sent to school. Be always grateful that you are getting an opportunity to learn and explore the world of knowledge, while there are millions of unfortunate children in the country who are deprived of this basic right.
- Choose Respectful Language: Make a conscious effort to use kind and respectful language when communicating with peers and teachers. It speaks volumes about your family background and upbringing.
- Recognize the Impact: Understand that using foul language and engaging in bullying – physical, verbal or cyber, can cause severe harm to others and jeopardize your own personal growth. Be empathetic, put yourself in the shoes of the victim and consider how your words and actions might affect them emotionally.
- Inclusive Attitude: Embrace diversity and be inclusive, valuing the differences that make each individual unique. Never make fun of anyone's disability, religion, caste, height, physical built, complexion or family background.
- Speak Up: If you witness bullying or use of foul language directed at someone else, have the courage to stand up for the victim and report the incident truthfully to a teacher or school authority.

- Seek Help: If you find yourself struggling with anger or negative emotions, talk to a trusted adult, teacher, or school counsellor who can provide guidance and support.

## Suggestions for Parents and Teachers

- + Create a Safe Environment: Establish a safe and supportive environment both at home and school, where students feel comfortable sharing their experiences without fear of judgment. They should have the freedom to voice their opinion or concerns in the family or in the classroom. A patient hearing at the right time saves long discourses after the harm is done.
- + Educate on Consequences: Help your children/students understand the consequences of using foul language and engaging in bullying, both for themselves and their peers.
- + Monitor Behaviour: Pay attention to students' interactions and intervene promptly if foul language or bullying is observed. A stitch in time saves nine.
- + Encourage Open Communication: Maintain open lines of communication with your children/students, encouraging them to share their concerns and experiences. Over indulgence or total alienation both are bad for the emotional growth of a child.
- + Collaborate and cooperate: Teachers and parents need to collaborate to address behavioural issues and promote a united front against bullying or bad behaviour. Parents must listen patiently when a teacher wants to share some information about the child. They do it out of their true concern, and not with any malafide intention. After a parent, a teacher is the most trusted individual in the life of a growing child.
- + Implement Anti-Bullying Policy: Teachers must implement school's policy on anti-bullying comprehensively that educates students about empathy, respect, and conflict resolution, and also about the implications in case of repeated bad behaviour. You can read 'Anti Transgression Policy' of the school at the school website – [www.davbrsnagar.org](http://www.davbrsnagar.org) and follow it with self responsibility. The link of the same is provided below –

## Conclusion

Use of foul language, bullying and fighting have no place in our school. The school has 'zero tolerance' towards this menace. As young students, it is essential to realize the impact of our words and actions on others and take responsibility for fostering a positive and inclusive school culture. By showing empathy, respect, and kindness to our peers, we can create an environment where everyone feels valued and supported.

Let us work together to eliminate this menace from the lives of young adolescent children, and focus on building brighter future through development of knowledge, skills and love for learning, in consonance with the School's Vision statement –

“We envision to sustain a learning culture that is a perfect blend of tradition and modernity, respects inclusivity and ignites the flame of knowledge based on enquiry and innovation, to nurture self-directed learners who are globally competent citizens.”

With Best Wishes

Educationally yours

Jaswinder K Sidhu

**Principal**