



# RAISING VOICES, BUILDING KINDNESS!



## ANTI-BULLYING WEEK 2025 – 17–21 NOV “MAKE A NOISE ABOUT BULLYING”

Anti-Bullying Week 2025 brings us together under the theme “Make A Noise About Bullying”, inspiring our students to raise their voices, show kindness, and look out for their peers. At The Indian Academy, Dubai, we remain committed to providing a safe, caring, and inclusive environment where every child feels respected, protected, and heard. This week serves as a reminder that every voice matters, and speaking up can make a real difference in someone’s life.

Bullying can take many forms—emotional, social, physical, or digital—and even small, repeated acts can impact a child’s confidence, wellbeing, and overall sense of safety. Throughout the week, our aim has been to deepen students’ understanding of how harmful behaviours develop, how they can be prevented, and how important it is to treat others with empathy and respect.

Through interactive classroom sessions, awareness assemblies, and meaningful school-wide campaigns, students engaged in discussions, reflections, and hands-on activities that strengthened their sense of responsibility towards one another. We continue to encourage every child to take a stand, seek help when needed, and contribute actively to a school culture where kindness is celebrated, diversity is respected, and every student feels valued and supported.

# OUR COMMITMENT TO STUDENT SAFETY



TIAD believes that every child deserves to feel safe, valued, and included. Building a culture where kindness and respect thrive is at the heart of preventing bullying.

Our commitment goes beyond awareness—it's about consistent action. Through well-established support systems, we ensure that every student has access to care, guidance, and safe ways to speak up. Here's how we support every student.

- Counselling support for students affected by bullying
- Peer mentors & Inclusion Ambassadors guiding classmates
- Restorative conversations to resolve conflicts constructively
- Staff training to identify and prevent bullying
- Digital safety sessions to ensure responsible online behaviour
- Confidential reporting channels for students and parents

## Did you know?

Children who feel safe talking to parents about their day are more likely to report bullying early, preventing escalation. Celebrating empathy and kindness at home encourages children to repeat those behaviors in social settings. Parents who collaborate with teachers and school counselors create a united front against bullying, ensuring quick and effective solutions.

# PROTECTING AND SUPPORTING YOUR CHILD AGAINST BULLYING



## SIGNS YOUR CHILD MAY NEED SUPPORT

Research shows children experiencing bullying often display psychological, behavioural, or physical signs:

- **Confidence Drop / Low Self-Esteem:** Bully victims often report lower self-worth.
- **Mood Changes / Anxiety / Withdrawal:** Increased risk of depression, anxiety, and social withdrawal.
- **Physical Complaints:** Headaches, stomachaches, or sleep problems can indicate stress from bullying.
- **School or Peer Avoidance:** Reluctance to attend school or interact with peers is common.

## HERE'S HOW YOU CAN HELP

- **Keep Communication Open** – Listen calmly and encourage sharing.
- **Watch for Warning Signs** – Notice changes in mood or school habits.
- **Empower Your Child** – Teach safe responses like speaking up or seeking help.
- **Work with the School** – Stay connected and report concerns promptly.
- **Model Kindness** – Show empathy and respectful communication at home.
- **Monitor Online Activity** – Set rules for safe internet use.
- **Build Confidence** – Encourage hobbies and positive social activities.



WHISTLEBLOWER  
"SPEAK UP AND STAY SAFE"



Confidential reporting channels for students and parents who wish to seek help or report concerns.





## TIAD ANTI-BULLYING AWARENESS: HIGHLIGHTS OF THE WEEK

### KINDERGARTEN – LEARNING THROUGH STORY & CIRCLE TIME

Our youngest learners explored kindness through a child-friendly awareness session. During circle time, they enjoyed a simple video on recognising unkind behaviour, explored scenarios showing kind vs. unkind choices, and reflected on the question, “What should we do if someone is not kind?”



### PHASE 2-3 –BUILDING AWARENESS THROUGH ACTION

Students celebrated Odd Socks Day, created posters promoting kindness, and analysed scenarios using flow charts to explore feelings, safe responses, and trusted adults.



### AWARENESS SESSIONS BY THE INCLUSION DEPARTMENT

The Inclusion Department led engaging classroom and assembly activities across all phases. Students explored unkind behaviour, reflected on empathy, and practised safe, supportive responses through discussions, role plays, and pledges.



For Students



For Parents

Confidential wellbeing support channels to ensure every voice is heard.

### TOGETHER WE CAN PREVENT BULLYING 💡

A safe school thrives when students, parents, and teachers work together. Let us continue to promote confidence, empathy, and respect—ensuring every child at TIAD feels safe, valued, and supported.

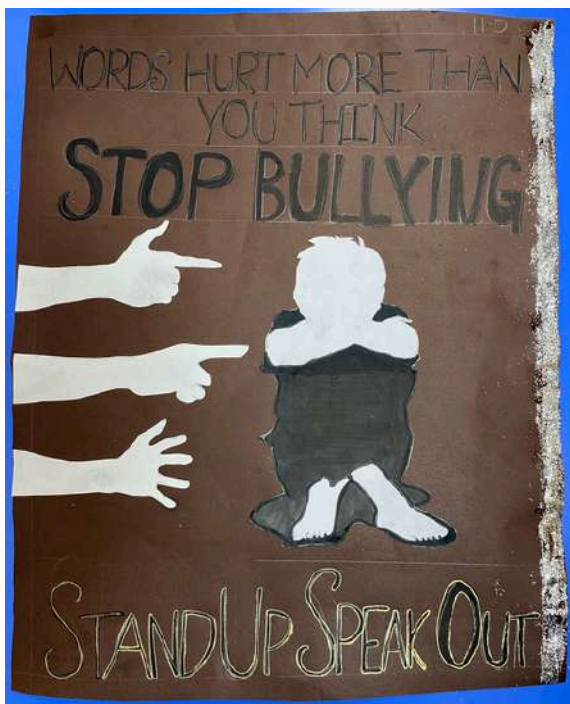
Because preventing bullying is everyone's responsibility. 👤🤝❤️



RISE Department  
Inclusion & Wellbeing



## PHOTO GALLERY



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