

Journal #4 Bullying

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## ***Bullying***

Mrs. Burt-Miller and Ms. Polanco, the facilitators, lead a discussion about bullying. There are seven people in the ensemble. The group is greeted at the door by both facilitators. The greeting was cordial and heartfelt. As we walked into the room, bright signs encouraged the participants and explained why bullying is wrong. As soon as we were all seated, the leaders introduced themselves again, reviewed the ground rules, greeted everyone, and asked for our names. Their reactions varied as each person was introduced. While some individuals acted calmly and cooperatively, others acted aggressively. During this exchange, one participant began to pick on another, and Ms. Polanco responded to the irate participant while raising her voice. Ms. Polanco realized her reaction and corrected it.

Nonetheless, Mrs. Burt-Miller maintained her composure as she attempted to refocus the group. The facilitators kept the session interactive as it went on. They used a ball that included contemplative words and asked the participants to select the phrase that most accurately captured their feelings. They both asked how the person was doing and provided helpful advice on handling the situation. Both facilitators support the group in determining how the bully affected their self-esteem. The group was given brochures that assisted in eliciting the facts and arguments they wished to make. It was excellent that the facilitators posed questions that would allow participants to share their experiences since it allowed the "children" to open up. Some people expressed their emotions and inquired about suicide. The workshops were instructive, which helped convey a more profound knowledge of bullying. The facilitators emphasized that bullying has serious repercussions, regardless of whether we are the targets of bullying or the bullies ourselves. They provided helpful information on how to prevent bullying, the harm it causes, and practical solutions. They also discussed how our actions could profoundly impact

someone's life and possibly alter its trajectory. The group meetings provided a wealth of knowledge for anyone dealing with bullying.