

- Intihdudahna thlenna hmun tam tak chu Classroom-ah, zirtirtute awm loh lai te, School compound hmun thenkhat zirirtute hmuh phak loh deuhah te, infiamna leh inthiarna hmunah te, school chawhlawk lai te, tlai school banahte a ni thin a. Chuvangin zirtirtute naupang hmuhphaka awm hram hram te leh kan thliithlai a ni tih an hriat theih tura hmalak te a tul thei awm e.
- Naupangteah bullying chungchanga zawhna chhan tur siam te (questionnaire), question box hmanga a ziaktu tarlang lova hetiang tih ching zawnchhuah te, text message hmanga report leh email te pawh hman tangkai ni se. Naupangte chu an him leh an him lohte hriat chhuahsak theih nise.
- Midangte tiduhdah lo tura thutiam (pledge) siana a chhamna tur hmun leh hun ruat ni se, poster leh Role Play hmang tea inzirtirna pek theih ni se, an rualpuite hnenah zirtirna pe thei tura buatsaih bawk ni se.

Inenletna tur pawimawh zualte:

- i) Bullying thleng lo tur hian kan schoolah ruahmanna kan siam tawh em?
- ii) Zirna ina thawkte hian helam kawngah hian hma la turin sawi hona kan nei tawh em?
- iii) Bullying hi vawikhat inzirtir duhtawk mai lovin, awmze nei zawka hmalak zel tul a nih zia te kan ngaihtuah ho ngai em?
- iv) Kan school-ah hian hetiang lo thleng thin te hi fel fai takin kan chhinchhiah (record) thin em?
- v) Naupangte hnenah mi zinga awmdan thiamna (social skills) te hi zirtir tul kan ti em?
- vi) Headmaster, Zirtirtu te leh nu leh pa te nena bullying hi sawi ho leh hmalak ho tul kan tihna te kan sawi ho ngaiin tul kan ti thin em?

Bullying lama inzirtirna tha pe tur hian zirna lama thawkte pawh hian nasa taka hma kan lak chuan naupangte thanlenna kawngah leh zirna kawngah thil tha zawk a thlen phah ngei a rinawm a ni.

STOP BULLYING!



POPULATION EDUCATION CELL
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Intihduhdahna (bullying) hi eng nge a nih:

Tunlai khawvela naupangte dikna leh chanvo humhalh tul leh pawimawh zual zinga tel chu 'venhimna kawnga dikna chanvo' hi a ni. Kawng hrang hrangin naupang venhimna kawngah hma lak ni thin mah sela, naupangte inkara intih duhdahna (bullying) kawngah erawh hmasawna tur thenkhat chu kan la nei a ni. UN Convention on the Rights of the Child 1990-in a tarlan dan chuan Naupangte hi an inchhung khurah te, zirna inah te leh khawtlangah pawh an him tur a ni a ti. Bullying hi lak thutak hle tur a ni a, hetiang tih chingte hi an simna tura hmalak a nih loh chuan an dam chhung in an nunah nghawng tha lo a neih phah dawn a ni.

Naupang thenkhat chu an ngam zawngte chung a tuanin an aia chak lo zawk leh anmahni tilet ngam lo tura an ngaihte kawng hrang hrangin an tiduhdah in, an sawisa thin a ni. **Cho chhuah vang ni hauh lova midangte sawisak, tihduhdahna lo thleng thin leh a tuartu ten ti let ve ngam lo khawpa harsatna an tawh hi Bullying kan ti thei awm e.**

Bullying chi hrang hrang te:

Bullying chi hrang hrang a awm a, hetiang hian lo thliar dawn ila.

Taksa lama insawisakna: Mi ben, mi hnek, mi pen, mi te sih, mi chhir, ngam zawngte nih vanga thil tihluhtir.

Tawngkaa intihduhdahna: Hmuhsitna, tawngka, an chhe lawh, tih thaih, dawta mi chung chang theh darh, an hming lem vuah sak, an hmel leh pian phung vanga chhawnchhah, huatthla la zawnga in koh.

Mipat hmeichhiatna kawnga in tih duhdahna: Zahmawh rawngkaia a mite zarbuai leh hetiang lam hawi a kutthawh meuh a tih buai.

Rilru lama intihduhdahna: Mi chezia nuihzat te, fiamthu thawh nana hman, chetzia leh tawngkaa thiante zinga awm ve ngam lo tur khawpa siam te, infiamna leh thil danga mite telna tur lo dansak tlat. Chhungkaw harsa deuhthe hmuhsit leh tihhream.

Thil neih intihchhiatsak leh inchhuhluhsak: Midangte thil pen, pencil box etc tih chhiatsak leh chhuh luih.

Cyber bullying: Computer, Mobile phone leh thil dang hmanga mi hming leh hmel tihchhiat sak te, thu tha lo leh bawlhhlawh tak tak thawn te. Hetiang tih chingte hi information Technology Act 2000 Section 67 leh 72 hmangin hremna a awm.

Bullyingin a nghawng tha lote:

Bullying hian a tuartute taksa leh rilru lamah nghawng pawh tak a nei. Entirnan, chak lovin an in hria a, an inrintawka a tichhia a, School kal an hreh phah a, lehkha te an zir peih loh phah. An mut that theih loh phah a, a nasat phei chuan mahni nunna lak hial duhna a piang thei a ni. Hun rei tak chhung miin bullying a tuar fo a nih chuan hun lo kal zelah a rilru lamah nasa takin nghawng a nei thin a ni. (Lovenstein 2002, Anti-bullying Guidance in Schools)

Zirtirtute leh Bullying: Zirtirtute hian naupangte himnan bullying hi do let tur leh ti reh turin hetiang han kawng hrang hrangin hmalak tum theuh ila.

- Zirna ina thawktu ten bullying chungchanga hmalak tulna naupangte nen sawi hona nei thin se.
- Zirna in-ah te, hun remchang apiangah helam kawnga zirtirna pek theih ni se.
- Bullying hi khawi hmunah pawh thleng thei a nih avangin Parents-Teachers Meet-ah te pawh sawi hona nei thin ni se.
- Bullying chungchangah felfai taka hmalak a nih theih nan Committee din ni se.