

The background features a stylized graphic of human figures. A central figure is colored blue, while the surrounding figures are colored orange. The figures are composed of simple, rounded shapes representing heads and bodies, with some limbs visible. The overall style is clean and modern.

PROJECT:  
Bullying? Be Smart. Don't  
Start.

**YPA14 Action Plan**

**MARK KENNETH BELBIS**

**WILFRED ALAMO**

**MARIA EDEN CESTINA**

**JC BANDOLA**

**DONNA DYL LUMERIO**

# *Sustainable Development Goal*

PEACE, JUSTICE AND STRONG INSTITUTIONS

(16)



# *Problem Statement*

According to Jose Rizal, “ Ang kabataan ay ang pag-asa ng bayan.” which means that the youth of the new generation is our hope to build a better community and society

But in our present situation, many teenagers are involved in some violent cases that causes their life to be miserable.

# Bullying

In the Philippines, bullying is a very common issue, especially inside the school.

In the Philippines, 2 out of 10 children per day experience being made fun of, name calling, and being made to do something he/she doesn't want to do. Since the statistics were quite alarming, this prompted the House of Representatives to approved a bill requiring elementary and secondary schools to include and implement anti-bullying policies in their students. To monitor its effectivity, the schools are obligated to submit and report incidents to the DepEd.

According to the Republic Act 10627 or the Anti-Bullying Act of 2013 was signed into law by Former President Benigno Aquino III in September 6, 2013. the law requires all elementary and secondary schools in the country adopt an anti-bullying policy. According to a study conducted on 2008 by the Britain-based Plan International, 50% of school children in the Philippines experienced bullying either by their teachers and their peers.

# *Bicol University's Mission*

The aforesaid vision is rooted in Bicol University's Mandate as provided in RA 5521 which is "to give professional and technical training and provide advanced and specialized instruction in literature, philosophy, the sciences and arts, besides providing for the promotion of scientific and technological researches, (Sec. 3)."

# *Bicol University's Vision*

A World-Class University Producing Leaders and Change Agents for Social Transformation and Development.

# *Objectives of the Action Plan*

- ▣ To give further knowledge about the topics that we will discuss to the target beneficiaries.
- ▣ To widen the knowledge of the beneficiaries about bullying for them to avoid such things.
- ▣ To make sure that the beneficiaries will not just gain knowledge but also enjoy school.
- ▣ To fulfil the mission, vision and goal of our institution.
- ▣ To make sure that youth will be empowered agents of a humane society.



# Ways To Prevent Being Bullied

- According to WikiHow, Bullying is a common problem in many schools. If you're worried about bullying, you may want to know how to prevent it. If you're the target of a bully, never feel like it's your fault. It's always the responsibility of the bully to not lash out at others. Still, there are some steps you can take to reduce the likelihood bullies will target you. Work on cultivating a calm and confident attitude that will repel bullies. Avoid areas in your school where bullies tend to congregate. If you end up encountering bullies anyway, talk to an adult about the problem. Bullying can have serious consequences if left unaddressed.

## DIFFERENT FORMS/TYPES OF BULLYING

- According to National Centre Against Bullying, There are many different types of bullying that can be experienced by children and adults alike, some are obvious to spot while others can be more subtle. The different types of bullying that we look at below are some of the ways that bullying could be happening.
  - ▣ Physical Bullying
  - ▣ Verbal Bullying
  - ▣ Social Bullying
  - ▣ Cyber Bullying

# HOW TO STOP BULLYING AT SCHOOL

- School bullying is a type of bullying that occurs in any educational setting. For an act to be considered bullying it must meet certain criteria. This includes hostile intent, imbalance of power, repetition, distress, and provocation. It is very common especially to those who are victims of discrimination. At school, you cannot avoid bullying because it is like a nature to them. When you are acting powerless, the bullies will take the advantage to bully you. In some cases, family problems trigger some students to be a bully.

# *Topics/Activities*

- ▣ There will be a series of activities that we are planning to implement. We are planning to conduct a 1 Day seminar workshop activity. The roster of activities would be the following.

## PROJECT PLAN

ACTIVITY	DATE	TARGET PERSONNELS/ RESPONDENTS
Meeting with the personnel involved.		Principal/faculty of the our target school.
Meeting with our target sponsors.		
<b>TOPIC 1</b>	<b>SATURDAY</b>	Gr. 4, 5, 6 of the target school.
<ul style="list-style-type: none"><li>• Discussion of Ways to Prevent Being Bullied.</li><li>• Ice breaker activity</li><li>• Snack</li></ul>		

TOPIC 2		The same target pupils.
<ul style="list-style-type: none"><li>• Discussion of Different Types/ Forms of Bullying.</li><li>• Ice breaker activities</li><li>• Snack</li></ul>		
TOPIC 3		The same target pupils.
<ul style="list-style-type: none"><li>• Discussion of How to Stop Bullying at School.</li><li>• Ice breaker activities</li><li>• Snack</li></ul>		

# Funding Requirements

PARTICULARS	AMOUNT	SOURCES OF FUND
SNACKS and LUNCH (estimated no. of pupils: 60)	P 20, 000	<ul style="list-style-type: none"><li>• DEPARTMENT OF SOCIAL WELFARE AND DEVELOPMENT</li><li>• and other LGU's</li></ul>
MATERIALS and CERTIFICATES (estimated no. of pupils: 60)	P 5, 000	

# POTENTIAL CHALLENGES

- ▣ Funding resources
- ▣ Behaviour of the target pupils
- ▣ Attendance of the participants
- ▣ Lack of materials



# INDICATORS OF SUCCESS

- ▣ The number of bullies and the persons that are being bullied will decrease.
- ▣ They will know what do if they are being bullied.
- ▣ It will establish their personality, courage to stand out and widen their knowledge that bullying cannot bring them to success.

MARK KENNETH BELBIS

MARCH 3, 1999

P3 SAN PEDRO, BACACAY, ALBAY

BACHELOR OF ARTS IN PEACE  
STUDIES

[belbismarkkenneth75@gmail.com](mailto:belbismarkkenneth75@gmail.com)



MARIA EDEN CESTINA

JANUARY 25, 1999

BRGY. 13, POBLACION, BACACAY,  
ALBAY

BACHELOR OF ARTS IN PEACE  
STUDIES

[viacestina@gmail.com](mailto:viacestina@gmail.com)



THEY **INSULT**  
YOU BECAUSE  
THEY ARE

**INSECURE** OF  
SOMETHING

THAT THEY ARE  
**LACKING**