



Taking a Stand: The Fight Against Bullying

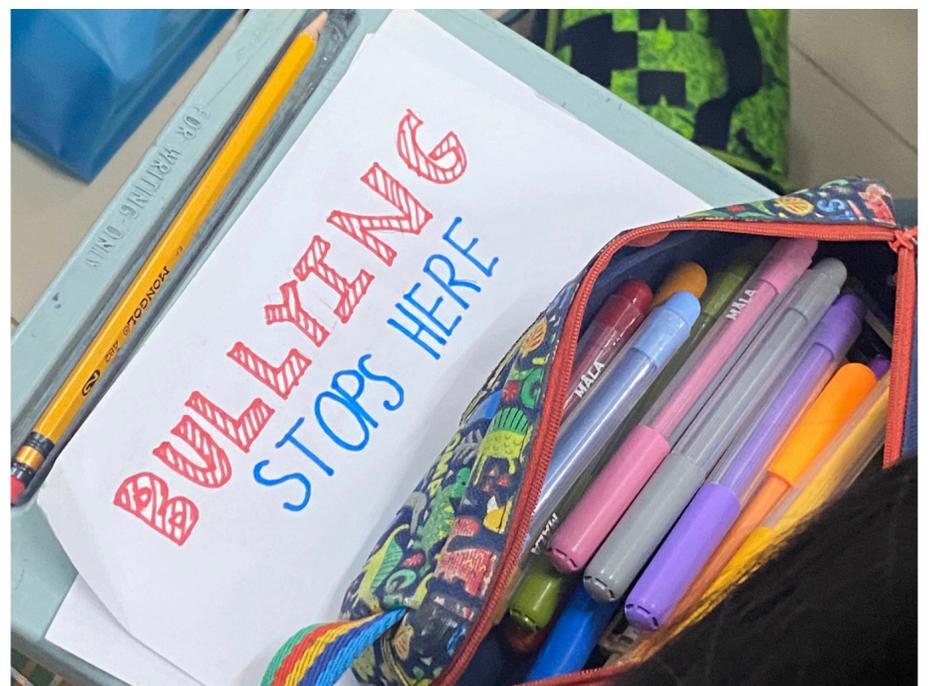
AUTHOR: KRISTEN & WESLEY

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Bullying has been a long-standing issue that continues to affect people across generations. Even in today's modern world, it remains a problem in schools, workplaces, and online spaces. The impact of bullying can be severe physically, emotionally, and mentally. It often disrupts a person's daily life, confidence, and overall well-being.

But **what exactly is bullying?** A *bully* is someone who intentionally causes emotional or physical harm to another person, often to boost their own self-esteem or to gain power and status. This behavior doesn't just hurt the victim. It can also have negative effects on the bully, reinforcing unhealthy habits and emotional issues that may carry on into adulthood.

At Sacred Heart Academy of Pasig (SHAP), bullying is taken very seriously. **The school enforces strict anti-bullying policies outlined in the SHAP Handbook. Teachers must report any incidents to parents and work with guidance counselors to ensure proper action is taken. SHAP also raises awareness through assemblies, informative posters, and student activities, such as anti-bullying campaigns and poster-making, to promote kindness and respect within the school community.**





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By working together, students, teachers, and parents can create a community built on respect, trust, and care. Each act of kindness, no matter how small, contributes to a safer and more inclusive environment where everyone feels valued, protected, and free to be themselves. **Ending bullying starts with all of us, and together, we can make that change possible.**



 **Sacred Heart Academy of Pasig**
Guidance and Counseling Office
Prefect of Discipline
S.Y. 2025-2026

S **Speak up** against bullying. Talk about it and be comfortable in reporting.

A **Act** Take proactive steps to promote harmony and peace. Report to authorized persons.

F **Foster** a culture of kindness, empathy and respect within the school community where students are tolerant to everyone's differences.

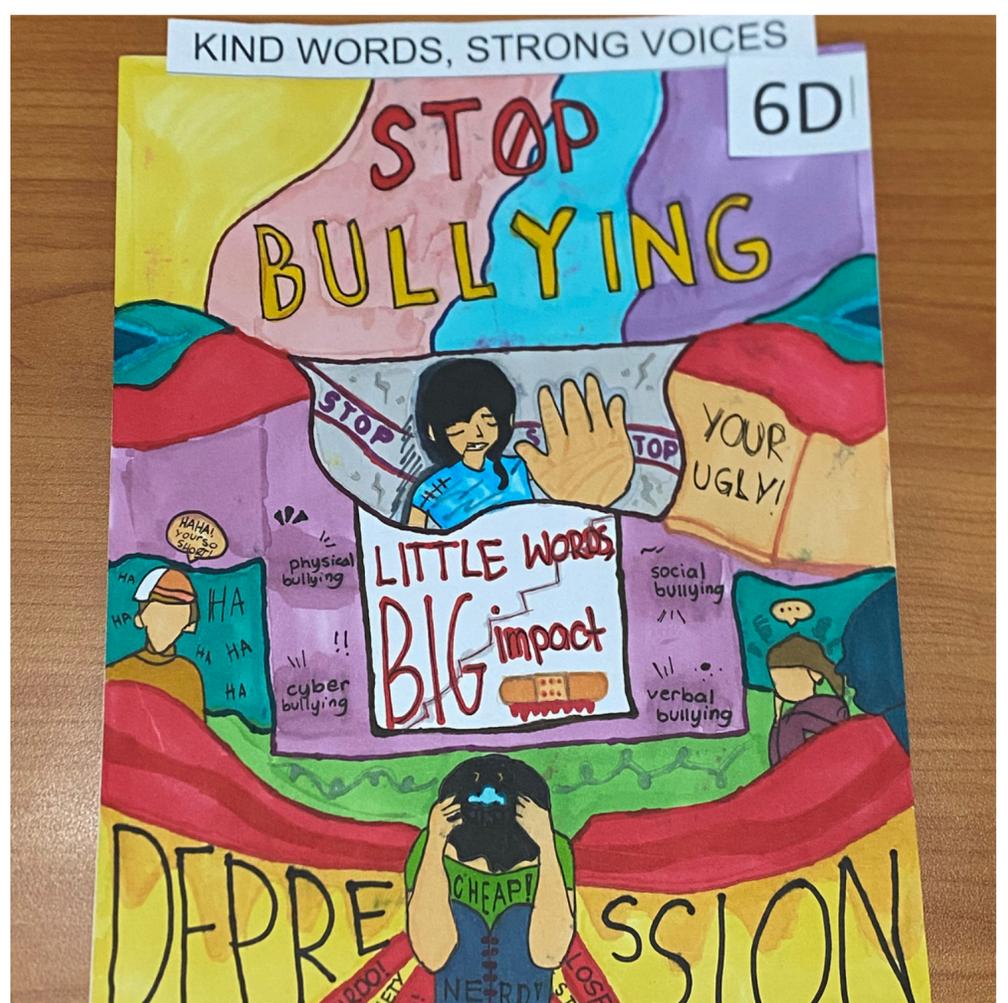
E **Educate** about the different forms of bullying, its impact and the importance of preventing it and how to respond to it.

Together, let's build a safer and kinder place for everyone!

#AntiBullying #BeASafeStudent

POD INCIDENT REPORT GCO REFERRAL FORM



For more inquiries, you may contact
Sacred Heart Academy of Pasig
0967-216-2057
principal@shap.edu.ph
info@shap.edu.ph