

## Mind Matters



ANEESA MOIDOO, PSYCHOLOGIST

## What parents should know about bullying

As a mother, I'm worried about the possibility of bullying affecting my child at school. How can I effectively detect if my child is facing bullying and provide them with the right support? Additionally, could you shed some light on the dynamics of bullying so I can better understand what might be happening and how to address it?"

Absolutely, I understand your concern. Detecting if your child is facing bullying and knowing how to support them effectively is crucial. Here's a comprehensive approach that combines recognizing signs of bullying, providing support, and understanding the dynamics of bullying.

Being vigilant and supportive is essential as bullying can significantly impact a child's well-being. Watch for changes in behavior, emotions, or habits—such as sudden mood swings, irritability, anxiety, or sadness. If your child avoids places or activities they used to enjoy, it might signal bullying. Frequent headaches or stomachaches before school could indicate anxiety due to bullies. Social isolation, withdrawn interactions, or declining grades can also be signs.

To assist your child in handling bullying, create a safe space for open discussions. Use open-ended questions like "How was your day?" to encourage sharing. Listen attentively without judgment and validate their feelings. Emphasize that bullying isn't their fault. Boost their confidence by role-playing assertive responses to bullies. Collaboration with teachers or school counselors is vital if bullying is suspected.

Empower your child with coping mechanisms like deep breathing, walking away, or focusing on positives. Encourage building strong friendships and engaging in activities they love for self-esteem and stress relief. Online, monitor interactions and educate them about cyberbullying and responsible online behavior. For severe cases impacting well-being, consider involving a mental health professional.

Understanding bullying dynamics is crucial. It's about an imbalance of power—physical strength, social status, or verbal manipulation. It can be physical, verbal, social, or online. Victims experience low self-esteem, anxiety, depression, academic decline, and social isolation. Teach your child to stand up for others as bystanders often fear intervening. Empower them to control their reactions and seek help when needed, not letting bullies define their self-worth.

Incorporating these insights and approaches into your parenting can create an environment where your child feels safe discussing experiences and seeking help. Your proactive involvement and empathy will significantly help your child navigate bullying's challenges and emerge stronger

(The views and opinions expressed in this article are those of the author and do not necessarily reflect the official policy or position of the Daily Tribune)

*To assist your child in handling bullying, create a safe space for open discussions. Use open-ended questions like "How was your day?" to encourage sharing. Listen attentively without judgment and validate their feelings.*



# Facing environment, climate challenges

Deputy Prime Minister inaugurates Global Water, Energy and Climate Change Congress



Shaikh Khalid bin Abdullah and Dr. Mohammed bin Mubarak with key officials and guests

TDI | Manama

Deputy Prime Minister Shaikh Khalid bin Abdullah Al Khalifa inaugurated the Global Water, Energy and Climate Change Congress (GWECC), held under the slogan "Water Sustainability and Energy Transition: Implications on GCC and the World".

The congress will review the challenges and opportunities available for investing in water sustainability, preserving natural resources in the GCC states, and learning about the best techniques and modern technology, with the participation of 130 speakers from 30 countries.

GWECC is organised by the Ministry of Oil and Environment and the United Nations Environment Programme, in cooperation with the Water Resources Council, ICONEX Global and a number of local, regional and international organisations.

On the sidelines of the congress, Shaikh Khalid bin Abdullah opened the accompanying exhibition in which more than 20 specialised companies and a number of universities and organisations participated, to display the best modern technical solutions in the field of water, energy, climate change and related studies.

Shaikh Khalid bin Abdullah, who is also Chairman of the Wa-

ter Resources Council, affirmed the support of His Majesty King Hamad bin Isa Al Khalifa and the follow-up of His Royal Highness Prince Salman bin Hamad Al Khalifa, the Crown Prince and Prime Minister, for all initiatives aimed at enhancing water sustainability, raising the efficiency of its production, and taking the necessary international measures to adapt to the environment and climate challenges.

He praised the government policies taken within the framework of protecting and developing water resources to ensure their proper exploitation for various purposes, including the approval of the National Water

Strategy 2030 and its implementation plan in accordance with the GCC Unified Water Strategy (2016-2035) that is periodically monitored by the Water Resources Council.

Dr. Mohammed bin Mubarak Bin Dinah, Minister of Oil and Environment and Special Envoy for Climate Affairs, expressed his appreciation to the Deputy Prime Minister for his patronage of the congress, which embodies the government's keenness to support the efforts to preserve natural resources through implementing environmental initiatives and programmes, in addition to plans aimed at reducing carbon dioxide emissions.

## Cooperation

Minister of Foreign Affairs, Dr. Abdullatif bin Rashid Al Zayani, met with Ahmed Aboul Gheit, the Arab League Secretary General. During the meeting, they reviewed cooperation between Bahrain and the Arab League in various sectors, as well as the diplomatic and political efforts by the Arab League to strengthen joint Arab action. They discussed initiatives undertaken by the Arab League to boost cooperation between the Arab region and other countries, as well as with international blocs to maintain security and stability in the Middle East.



## Bahrain-Jordan security relations



Minister of Interior, General Shaikh Rashid bin Abdullah Al Khalifa, received Jordanian Ambassador to Bahrain Ramy Al Adwan. They reviewed topics of common interest, including security coordination. The minister praised the long-standing ties between the two brotherly countries and efforts to promote cooperation in all sectors, especially security.

## Student safety a top priority

TDI | Manama

Director-General of Traffic Shaikh Abdulrahman bin Abdulwahab Al Khalifa emphasised that the safety of students in schools' surroundings and education zones is a top priority.

He said that per the instructions of Interior Minister General Shaikh Rashid bin Abdullah Al Khalifa to promote the safety of students and all road users, the directorate has taken all arrangements to ensure students' safety and smooth traffic near schools and education zones.

Shaikh Abdulrahman bin Abdulwahab hailed the commitment of drivers to traffic rules. He hoped for a successful and safe academic year through the cooperation of parents and road users, including leaving their homes early to avoid traffic jams.

## BDF-Shura Council ties

Field Marshal Shaikh Khalifa bin Ahmed Al Khalifa, Bahrain Defence Force (BDF) Commander-in-Chief, received Shaikh Ahmed bin Mohammed Al Khalifa, Shura member. The Commander-in-Chief wished Shaikh Ahmed bin Mohammed continued success in carrying his duties as a Shura Council member.

