

MOST POPULAR COURSE

Handling Bullying

Help children build confidence, stay safe, and respond to bullying with courage.

"Stay Strong. Speak Up. Stand Confidently."

Every child deserves to feel safe, respected, and confident. Unfortunately, some children may experience bullying at school, during sports, online, or in other social situations. Bullying can make children feel scared, lonely, or upset — but with the right guidance, they can learn how to respond in a safe and confident way.

The **GroomX Handling Bullying Training Program** is specially designed to help children understand what bullying is, why it happens, and how to deal with it calmly and confidently. Instead of feeling helpless, children learn practical skills that help them protect themselves, speak up, and seek support from trusted adults.

Our experienced trainers guide children step by step using simple language, real-life examples, fun activities, and role plays — building emotional strength, confidence, and positive friendships in a safe and encouraging environment.

7

PRACTICAL MODULES

500+

CHILDREN TRAINED

100%

ACTIVITY-BASED LEARNING

★4.9

PARENT SATISFACTION

Why Choose This Course

Build Confidence Help children believe in themselves and face challenges with courage and self-belief.	Recognize Bullying Teach children what bullying is, why it happens, and how to identify it early.
Learn Safe Responses Teach children safe and respectful ways to respond to bullying situations.	Encourage Speaking Up Help children understand that asking for help is always a sign of strength.
Improve Emotional Strength Develop resilience, positive thinking, and emotional self-control.	Reduce Fear and Anxiety Help children feel safe, supported, and less afraid in difficult situations.
Build Positive Friendships Encourage kindness, empathy, and healthy relationships with peers.	Fun Activity-Based Learning Children learn through games, discussions, role plays, and guided practice.

What You Will Learn — Module Outline

This course includes 7 carefully designed modules that help children understand bullying and respond with confidence.

1 Understanding Bullying — What It Is and Why It Happens

Children learn what bullying means, the different types of bullying, why some children bully others, and why kindness and respect matter.

- What bullying is
- Types of bullying (physical, verbal, social, online)
- Why bullying happens
- How bullying affects feelings
- The importance of kindness

2 Speaking Up — Addressing the Situation Safely

Children practice how to speak confidently, stay calm, and respond safely without hurting others.

- Speaking confidently in difficult moments
- Staying calm during confrontations
- Using respectful language
- Protecting themselves safely
- Responding without aggression

3 Seeking Support — Not Staying Silent

Children learn that asking for help is brave, not weak, and how to build a strong support system.

- Asking trusted adults for help
- Talking to parents and teachers
- Sharing feelings openly
- Supporting friends who need help
- Understanding that speaking up is brave

4 Self-Worth — Believing in Yourself

Children build confidence and learn that bullying is never their fault.

- Building self-confidence
- Positive self-talk techniques
- Recognizing personal strengths
- Respecting themselves
- Developing a positive mindset

5 **Stress Management — Handling Emotions Calmly**

Children learn healthy ways to stay calm, manage anger, and reduce worry caused by bullying.

- Staying calm under pressure
- Managing anger constructively
- Reducing worry and anxiety
- Practising positive thinking
- Building emotional strength

6 **Staying Connected — Avoiding Isolation**

Children learn the importance of friendships and building a caring, positive environment.

- Building healthy friendships
- Staying connected with others
- Showing kindness to classmates
- Supporting friends in need
- Creating a positive school environment

7 **Practical Guidance — Safe Actions and Support Strategies**

The final module combines everything through games, role plays, and confidence-building exercises with personalized feedback.

- Role-playing bullying situations
- Confidence-building games
- Group problem-solving
- Kindness and empathy activities
- Teamwork challenges

Skills Children Will Gain

✓ Understand what bullying is	✓ Respond safely and confidently
✓ Ask trusted adults for help	✓ Develop positive friendships
✓ Build self-confidence	✓ Manage emotions calmly
✓ Support others with kindness	✓ Practise positive thinking

Who Is This Course For?

School Children

Children who want to build confidence and learn how to handle bullying positively.

Children Facing Social Challenges

Kids who feel shy, worried, or uncomfortable in social situations.

Parents Supporting Their Children

Families who want their children to develop emotional strength and healthy coping skills.

Frequently Asked Questions

Is this course suitable for young children?

Yes. The lessons are simple, age-appropriate, and easy to understand.

Does the course encourage fighting back?

No. Children learn safe, respectful, and positive ways to respond while seeking help from trusted adults.

Will children learn confidence-building skills?

Yes. Confidence, communication, and emotional resilience are core parts of the program.

Are practical activities included?

Yes. The course includes games, discussions, role plays, and guided activities.

Will children receive personal guidance?

Yes. Trainers provide encouragement, support, and personalized feedback throughout the program.

Can parents support the learning at home?

Yes. Trainers share simple strategies that parents can use to reinforce learning every day.

What Our Students Say

★★★★★

"My child became much more confident after attending this course. They now know how to speak up and ask for help without fear."

Priya S.
Parent

★★★★★

"The trainers created a safe and friendly environment. My son learned valuable life skills in a fun and engaging way."

Amit K.
Parent

★★★★★

"This course helped my daughter become more confident, positive, and emotionally strong. I highly recommend it to every parent."

Anita K.
Parent

Ready to Help Your Child Build Confidence and Stay Safe?

With caring trainers, engaging activities, and practical guidance, GroomX helps children grow into confident, resilient, and respectful individuals who know how to respond to bullying with courage and kindness.

Call us: 9036111000 | Visit our office in Bangalore anytime