

COUNSELLING NEWSLETTER



ONLINE GAMING

An online game is a video game that is played through the internet. Online games may be single-player and multi-player.

TYPES OF ONLINE GAMES;

- * **Arcade Games.**

There are a large number of Arcade games which were formerly played on machines, installed in near neighborhood.

- **Board Games.**

Board games are same which we play in our real life.

* **Card Games.**

There are a lot of games designed for playing cards.

* **Casino Games.**

It is a game with virtual money.

* **Strategy Games.**

These games require a considerable amount of time to play and player devises strategies to win.

* **Sports Games.**

People like to play sport games on internet.

* **Shooting Games.**

It includes shooting enemies and objects.

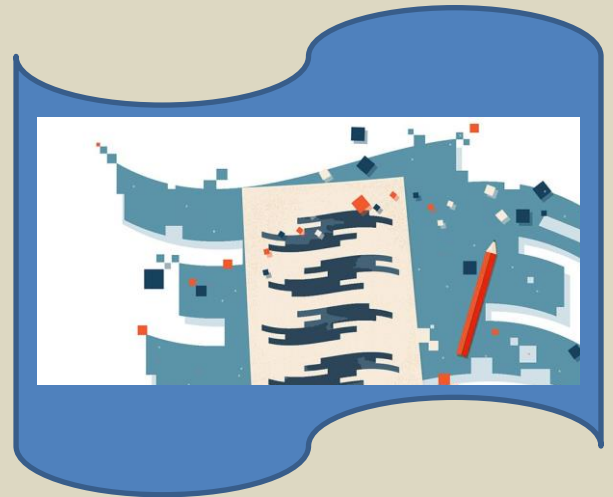
* **Puzzle Games.**

It includes a puzzle to be solved.

DISADVANTAGES OF ONLINE GAMING:

- Time consuming.
- Addiction.
- Lack of communication and family interaction.
- Some games can be aggressive and violent.
- Telling lie to parents
- Loss of Health.
- Waste of Money.
- Lack of Sleep.
- Lower grades in studies.
- Anxiety.

Ms. QURAT-UL-AIN UMAIR



DIRECT FROM COUNSELLOR'S OFFICE;

A WORKSHOP HAS BEEN CONDUCTED ON ONLINE GAMING FOR GRADES 5 AND 6 BOYS AND GIRLS IN WHICH THEY HAVE BEEN MADE AWARE ABOUT THE HARMFUL EFFECTS OF SPENDING TOO MUCH TIME ON ONLINE GAMING.

BULLYING

Bullying is a repeated aggressive act done intentionally to harm others physically or emotionally. This is an unwanted behavior shown by the School aged children to dominate others. A bully wants to use his power to harm or control others.

Types of Bullying;

- **Physical bullying**

Punching, poking, hitting, hair pulling, beating, biting.

- **Verbal bullying**

Name calling, teasing, gossiping.

- **Emotional bullying**

Discarding, frightening, insulting, demeaning, blackmailing, sexually harassing.

- Cyber-Bullying**

Characteristics of Bullies

1. Rudeness
2. Positive attitude towards violence
3. Need to gain power
4. Positive self-image
5. Physical strength
6. Rule breaking
7. High popularity
8. Group of followers



Characteristics of Bully:

1. Nervous and apprehensive
2. Sensitive and quiet
3. Crying and withdrawal
4. Low self-esteem
5. Lonely, less popular
6. Physically and emotionally weaker
7. Non assertive
8. Lack social skills/shy

Management of a victim

- Be Assertive
- Report to your H.M/Teachers/Parents
- Stress Reduction Techniques

Management of a bully

1. Activity schedule
2. Positive Thinking
3. Reward chart
4. Behavior contract
5. Anger management
6. Problem solving

Anti-Bullying Week

A campaign on Anti-Bullying was run in all the sections of the school during the Anti-Bullying Week that was from 18th of November to 24th of November. Assemblies were conducted for giving the students awareness about the harms of bullying behavior. It was also stressed that both the bullies, victims may face long-term harms in their lives.

All the Sectional Heads were asked to collect suggestions from the students about the eradication of the bullying behavior.

SOCIAL COUNSELLOR
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