



M.M. PUBLIC SCHOOL

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“Celebrating 58 Years of Excellence in Education”

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No Comments on Bodies: Preventing Body-Based Bullying.

Dear Parents,

Greetings.

The school wishes to address body-based teasing, which can include repeated comments about a student's height, weight, skin, hair, body shape, braces, spectacles, or physical development. What may seem like a joke can become hurtful when repeated or made in front of others.

Parents are requested to:

- Remind children not to comment on or compare another student's body or appearance.
- Take repeated appearance-based teasing seriously rather than dismissing it as “just a joke.”
- Encourage children to report such incidents to a teacher or parent instead of retaliating.
- Avoid making comparisons about children's appearance at home.

Students should:

- Not give nicknames based on someone's appearance.
- Not comment on a classmate's weight, body shape, skin, height, or physical development.
- Not join in when others are making such comments.
- Inform a trusted teacher if the behaviour is repeated.

The school will address reported incidents privately and contact parents where necessary.

Let us ensure that every student feels respected and comfortable at school, regardless of how they look.

Thank you for your continued partnership.

PRINCIPAL