

Exploring the Influencing Factors of Harmonious Campus: What are the Roles of Schools, Teachers and Students

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Abstract. Bullying is a pervasive issue in schools, characterized by intentional, hurtful behavior with an imbalance of power. This research draws insights from the film "Better Days" to explore strategies for reducing bullying. The study focuses on the roles of schools, teachers, and students in combatting bullying. It emphasizes the importance of awareness campaigns to break the silence surrounding bullying, the integration of psychological counseling courses to nurture resilience and empathy, and the implementation of an effective reporting system to foster accountability. Additionally, the research highlights the transformative power of teacher-student relationships in raising awareness and modeling positive behavior. It also underscores the significance of students' self-realization and seeking help as a means of empowerment. Finally, the study discusses the complexities of legal action against bullying and the role of bystander intervention in cultivating empathy and unity. By implementing these strategies, schools can create environments where bullying is actively addressed, fostering safer and more compassionate communities.

Keywords: Bullying, Harmonious Campus, teacher-student relationships, legal action.

1. Introduction

Bullying refers to repeated aggressive behaviour that is intentional, hurtful, and involves an imbalance of power or strength [1]. It can take various forms, including verbal, physical, or relational actions aimed at causing harm, distress, or fear to another individual. Bullying often occurs in settings with a power differential, such as schools, workplaces, online platforms, or communities. "Better Days," a cinematic exploration of the grim realities of Bullying, provides a compelling backdrop for addressing the urgent issue of school bullying. This research delves into the film's lessons, investigating how schools, teachers, and students can collaboratively combat Bullying. By drawing insights from the characters, dialogues, and themes of "Better Days," this study aims to illuminate effective strategies that can be employed to create an environment where empathy, dialogue, and intervention flourish, ultimately reducing the prevalence and impact of Bullying in schools.

2. Schools

2.1. Increase Publicity: The Power of Awareness Campaigns

In the world depicted by "Better Days," the deafening silence of Chen Nian's school in the face of Bullying resonates as a stark reminder of the systemic problem that thrives in the absence of open discourse. This pivotal theme encapsulates the need for real schools to embrace the urgency of raising awareness through strategic and impactful campaigns that challenge the perpetuation of Bullying.

Chen Nian's school, portrayed as initially indifferent to the Bullying within its walls, reflects how inaction can embolden bullies and isolate victims. Just as her school's silence perpetuates a culture of fear and silence, real schools often underestimate the profound impact of their stance on Bullying. However, the film offers a guiding beacon, imploring educators and administrators to step out of this cycle.

According to Rigby [2], prioritizing awareness campaigns is an avenue for transformation. As "Better Days" poignantly illustrates, silence only exacerbates the problem, while open discussions can inspire empathy and drive change. By emulating the movie's message, schools can break down the barriers of silence and empower students to speak up against Bullying.

Effective awareness campaigns encompass a multifaceted approach. [3] These initiatives should include workshops, seminars, and interactive sessions that educate students about the emotional, psychological, and academic toll of Bullying. They should spotlight real-life stories, much like the experiences of Chen Nian and Xiao Bei, to humanize the issue and underscore its urgency.

Furthermore, various mediums such as posters [4], videos, and social media platforms can engage students in a language they understand. The film's narrative arc, where Chen Nian finds solace and empowerment through emotional sharing, amplifies the importance of creating spaces where victims and bystanders can share their stories without fear.

"Better Days" aligns with the belief that every voice matters. By mirroring the movie's message, schools can encourage bystanders to become allies, actively intervening when they witness Bullying. This transformative power of awareness campaigns extends beyond the classroom walls, resonating in hallways and schoolyards and ultimately reshaping the school culture.

In conclusion, "Better Days" is a poignant reminder that silence perpetuates Bullying. Real schools must heed this lesson and take active measures to initiate impactful awareness campaigns that foster empathy, encourage dialogue, and dismantle the walls of silence. By embracing the movie's message, schools can pave the way for a safer, more compassionate, and empowered school environment for all students.

2.2. Psychological Counseling Courses: Nurturing Resilience and Empathy

In "Better Days," the emotional turmoil experienced by Chen Nian underscores the dire need for schools to integrate psychological counselling courses into their curriculum. The film's portrayal of Chen Nian's struggles and ultimate transformation serves as a poignant reminder of the significance of providing students with tools to navigate the complexities of Bullying.

Psychological counselling courses offer a structured platform for students to develop emotional intelligence, coping mechanisms, and resilience [5]. Chen Nian's journey, marred by isolation and emotional distress, parallels the challenges many bullied students face. Schools must heed this narrative, recognizing that emotional well-being is integral to a student's development.

Drawing from "Better Days," where the counsellor provides an empathetic ear and practical guidance, schools can empower students to seek professional support when grappling with the effects of Bullying. These courses should foster self-esteem, self-awareness, and effective communication, enabling students to articulate their feelings and seek help [6].

Furthermore, the film illustrates that psychological counselling courses can cultivate empathy among students. By exploring the emotions and motivations of the characters, students can develop a deeper understanding of the pain inflicted by Bullying and the importance of fostering a compassionate environment.

Integrating these courses into the curriculum requires educators' and mental health professionals' collaboration. Just as Chen Nian's transformation is catalyzed by her connection with the counsellor, real schools must prioritize creating a safe space where students can confide in professionals and peers alike.

"Better Days" urges schools to recognize that the impact of Bullying extends far beyond the surface, affecting a student's emotional landscape and prospects. These courses equip students with the skills to cope with adversity and promote a culture of empathy, where students learn to stand against Bullying by understanding its emotional toll.

In conclusion, "Better Days" poignantly conveys the transformative power of psychological counselling courses. Schools should follow this example, recognizing that these courses not only nurture individual resilience but also foster empathy and emotional intelligence, ultimately contributing to a safer, more supportive environment where students can flourish despite the challenges posed by Bullying.

2.3. Reporting System: Fostering Accountability and Empowerment

"Better Days" sheds light on the consequences of a lacking reporting system, emphasizing the urgent need for real schools to establish effective mechanisms for reporting bullying incidents. The film's portrayal of the absence of a safe channel for reporting resonates as a cautionary tale, highlighting the critical role reporting systems play in curbing Bullying.

In the movie, the absence of a reporting system perpetuates a culture of fear and silence, preventing victims from seeking help and emboldening bullies. To counteract this, schools must prioritize the creation of a confidential and efficient reporting mechanism that ensures the safety of those who come forward.

Like the film's characters, students need to feel empowered to report bullying incidents without fearing retaliation. The character arc of Chen Nian is in a constant struggle to forget the bullying, move on with it. Still, Wei Lai keeps pondering in, making Chen's life a living hell. Wei Lai cuts off Chen's hair, records her striping video, and humiliates her. When Xiao Bei finds it out, his eyes burn with anger and revenge.

On the day of the examination, Wei Lai is found dead, her body lying in a landslide. Chen becomes the main suspect, and she is called in by the detectives (this shows a case of reporting system). However, Xiao Bei plots a plan and takes the blame himself. It is at this point where *Better Days* play with your mind. It makes you believe that Xiao Bei killed Wei Lai, but through a meltdown flashback, it is revealed that Chen accidentally kills her. By providing an anonymous reporting avenue, schools can encourage bystanders and victims to share their experiences, contributing to a comprehensive understanding of the extent of the problem [7].

Furthermore, the film's narrative underscores the potential for bystander intervention, which can be facilitated through an effective reporting system. When students are aware of a secure means to report Bullying, they are more likely to stand up for their peers and actively address the issue.

"Better Days" reinforces the notion that a reporting system is not merely a procedural formality but a crucial aspect of fostering a safe and respectful school environment. By implementing a reporting system that guarantees anonymity and prompt action, schools can empower students to take responsibility for their collective well-being, creating a culture where Bullying is confronted head-on.

In conclusion, "Better Days" is a stark reminder of the detrimental effects of a lacking reporting system. Real schools must learn from this example and prioritize establishing effective reporting mechanisms that empower students to report bullying incidents confidentially, fostering accountability and creating a safer school environment.

3. Teachers

3.1. Guiding Students and Raising Awareness: Nurturing Empathy and Reflection

In "Better Days," the relationship between Chen Nian and her teacher highlights educators' pivotal role in guiding students and raising awareness about Bullying. The movie's exploration of this dynamic underscores the necessity for real teachers to actively engage in conversations that foster empathy, self-reflection, and a deeper understanding of the consequences of Bullying.

Chen Nian's teacher is a compassionate mentor, offering a safe space for her to confide in and seek guidance. This exemplifies the transformative power of teachers who are interested in their student's well-being and actively support their emotional growth. Real teachers should emulate this model, cultivating relationships and encouraging open dialogue about Bullying.

By initiating discussions about the themes presented in "Better Days," educators can prompt students to reflect on their behaviours and attitudes. Through such discussions, students can grasp the emotional impact of Bullying on victims and recognize the importance of respecting one another. These conversations can serve as platforms to introduce empathy-building activities that challenge students to step into the shoes of those affected by Bullying.

The film's exploration of teacher-student relationships also emphasizes the significance of modelling appropriate behaviour. When educators take a stand against Bullying and actively intervene, students learn by example. Just as Chen Nian's teacher intervenes on her behalf, real teachers can teach students that bystander intervention is a fundamental responsibility.

Additionally, teachers can incorporate the movie's themes into classroom activities and assignments. Students can gain insight into the underlying factors contributing to Bullying and its consequences by analyzing the characters' motivations and decisions. This approach deepens their understanding and encourages critical thinking and empathy.

In conclusion, "Better Days" underscores teachers' transformative role in addressing Bullying. By fostering open dialogue, promoting self-reflection, and integrating themes from the film, educators can create a classroom environment that empowers students to recognize the impact of their actions, stand up against Bullying, and contribute to a more compassionate school community.

3.2. Building Positive Relationships: Fostering Support and Trust

In "Better Days," the impactful teacher-student relationship between Chen Nian and her mentor showcases the transformative potential of building positive connections within the school environment. This relationship highlights teachers' crucial role in creating a safe haven for students and fostering a school culture where Bullying is confronted head-on. Ye Zhou, a member of Chen Nian's friend circle in "Better Days," demonstrates support through his consistent presence, inclusion, and non-judgmental listening. Though not a central character, his casual interactions, shared experiences, and unity against bullying offer a sense of security and normalcy to Chen Nian. By being part of her support network, Ye Zhou showcases the power of friendship in helping her navigate the challenges of bullying and isolation, contributing to the film's exploration of empathy and solidarity.

The bond between Chen Nian and her teacher exemplifies the significance of building trusting relationships. Real teachers can follow this example by actively engaging with their students, showing genuine care, and creating an atmosphere where students feel comfortable discussing their concerns. In "Better Days," Jackson Yee's character Fang Yee demonstrates his support for Chen Nian through actions such as intervening to protect her from harm, providing a listening ear for her struggles, offering emotional reassurance, sharing kind gestures, initiating and nurturing a genuine friendship, encouraging her to believe in herself, showing empathy and understanding, and participating in shared moments. His consistent presence, care, and efforts to shield her from the effects of bullying showcase his dedication to her well-being and exemplify the role of genuine friendship in providing emotional support and strength during challenging times. This environment allows students to confide in their teachers about their experiences with Bullying without fear of judgment or reprisal.

Moreover, "Better Days" illuminates the ripple effect of a positive teacher-student relationship on the entire classroom. When students witness a teacher who is empathetic, approachable, and actively involved in addressing Bullying, they are more likely to internalize these values and become allies against Bullying. Also Xiao Bei helps Chen find mental peace to prepare for the exam, which is the only resort to her bright future, this shows support. Teachers, therefore, have the potential to influence a generation of students who prioritize compassion and empathy.

The movie's portrayal of the teacher's guidance emphasizes the importance of mentorship. Just as Chen Nian's teacher advocates for her well-being and intervenes on her behalf, real teachers can become advocates for bullied students, offering a source of support and empowerment. Such mentorship can give victims the strength to confront their challenges and take steps toward resolution.

Furthermore, building positive relationships between teachers and students fosters an environment where open communication thrives. According to Limber & Small [8], when students feel respected and valued, they are likelier to share their experiences with Bullying and seek advice. This communication channel empowers victims and encourages bystanders to report incidents and stand up against Bullying.

By integrating the "Better Days" lessons, schools can nurture teacher-student relationships that become pillars of support against Bullying. Educators must teach academic subjects and impart life

skills that help students navigate complex social dynamics. Just as Chen Nian's teacher Miss Yu imparts lessons that transcend the classroom, real teachers can guide their students towards a more compassionate and inclusive school community.

In conclusion, "Better Days" illustrates the transformative impact of positive teacher-student relationships in combating Bullying. Educators must recognize their role in fostering trust, offering support, and modelling appropriate behaviour. By building meaningful connections, teachers contribute to a safer and more empathetic school environment where Bullying is actively addressed and discouraged.

4. Students

4.1. Self-Realization and Seeking Help: Empowering Through Personal Growth

"Better Days" presents a poignant portrayal of personal growth and self-realization, encapsulating the journey from victim to empowered survivor. This transformation holds valuable lessons for bullied students and the broader school community, highlighting the crucial role of self-awareness and seeking help in combating Bullying.

In "Better Days," the character Xiao Bei undergoes a profound transformation from being a bully to a person of empathy and goodness. This change is emblematic of the film's central themes of personal growth and redemption. Xiao Bei's evolution is portrayed through a series of actions and realizations. He begins to reflect on his past behavior and its consequences, developing a deeper understanding of the pain he has caused to Chen Nian and others. Empathy blossoms within him as he interacts with Chen Nian and witnesses firsthand the emotional toll of bullying. Taking responsibility for his actions, he acknowledges his role in the harm caused. Xiao Bei's transformation is evident in his acts of kindness towards Chen Nian, from offering support and encouragement to standing up against bullies on her behalf. This change in behavior also positively influences those around him, prompting others to question their actions. By seeking forgiveness and making amends, Xiao Bei demonstrates his commitment to growth and renewal. His journey underscores the film's message that individuals can evolve beyond their past mistakes through introspection, empathy, and positive actions, ultimately becoming agents of change for themselves and those around them.

Chen Nian's evolution from a silent victim to a resilient individual exemplifies the power of self-realization. Her realization that she deserves better and her subsequent decision to seek help reverberates as a call to action for students in similar circumstances. This narrative underscores the importance of recognizing one's worth and refusing to tolerate abusive behaviour.

Real schools can take a cue from Chen Nian's journey by fostering an environment that encourages self-empowerment. By providing students with tools to understand and articulate their feelings, schools can equip them to stand against Bullying and seek assistance when necessary [9]. Initiatives such as workshops on self-esteem, emotional intelligence, and assertiveness can pave the way for personal growth.

"Better Days" further emphasizes the significance of seeking help. Chen Nian's decision to confide in her teacher Miss Yu showcases the pivotal role of trusted adults in a student's life. Schools must promote a culture where students know the available support systems and are encouraged to reach out to counsellors, teachers, or other trusted figures.

According to [10], educational institutions should create a safe space for students to share their experiences. By openly acknowledging the difficulties students face and normalizing seeking help, schools can diminish the stigma associated with being a victim of Bullying. This approach aligns with the movie's message that seeking assistance is not a sign of weakness but an act of strength.

Furthermore, the film's emphasis on the impact of self-empowerment extends to the bystander role. Students who witness Bullying can draw inspiration from Chen Nian's journey, realizing their potential to effect positive change. Bystanders can actively support victims by offering a listening ear, standing up against bullies, and reporting incidents to relevant authorities.

In conclusion, "Better Days" underlines the transformative power of self-realization and seeking help. Schools must create an environment that empowers students to recognize their worth, stand against Bullying, and seek assistance when needed [11]. By embracing the lessons from Chen Nian's journey, schools can foster personal growth and cultivate a culture where students actively support one another, ultimately contributing to a safer and more compassionate school environment.

4.2. Taking Legal Action: Empowering Accountability and Justice

"Better Days" provides a thought-provoking exploration of the potential consequences and complexities of taking legal action against Bullying. This aspect of the film offers valuable insights into the role of legal avenues in addressing Bullying and the broader implications for both victims and the school community.

The character Lao Yang, a police detective, emerges as a pivotal figure in the fight against bullying. His involvement serves as a catalyst for addressing the pervasive issue within the school. Lao Yang takes the initiative to investigate the extent of bullying incidents, conducting interviews and gathering evidence to understand the gravity of the situation. His advocacy for Chen Nian, the victim of relentless bullying, empowers her to voice her experiences and seek justice. By intervening, Lao Yang sends a powerful message to both bullies and victims, asserting that bullying will not be tolerated under his watch. His presence prompts confrontations that force bullies to confront the consequences of their actions, fostering accountability. Importantly, Lao Yang's involvement highlights the importance of external authorities in cases where internal school mechanisms have failed. Through his actions, the movie underscores the collaborative effort required to combat bullying, emphasizing that addressing the issue involves the combined efforts of schools, law enforcement, and the community to ensure a safer and more equitable environment for all students.

The film's depiction of Chen Nian's decision to pursue legal action signifies the empowerment that comes with seeking justice. Just as her choice exemplifies a student's determination to hold bullies accountable, real schools can recognize the significance of providing students with knowledge about their rights and legal options [12].

By offering information about legal recourse, schools can empower students to take a stand against Bullying when other avenues have proven ineffective [13]. Education about legal consequences deters potential bullies and reinforces the notion that Bullying is a serious offence with severe repercussions.

However, it is essential to approach the option of legal action with caution and nuance [14] as "Better Days" suggests. While legal measures can be a means to achieve justice, they can also be emotionally and mentally taxing for victims. Schools must thus provide comprehensive support to students contemplating legal action, ensuring they are fully aware of the process and potential outcomes.

The film's portrayal of Chen Nian's experience navigating the legal system reveals the complexities involved. Real schools can learn from this example by encouraging students to make informed decisions and offering them access to legal guidance when needed. Additionally, schools should facilitate an open dialogue about the challenges and implications of legal actions, helping students weigh the benefits against potential drawbacks [15].

Furthermore, "Better Days" underscores the importance of coordinating efforts between schools, families, and legal authorities. This collaboration ensures that legal actions are taken within a supportive framework, minimizing additional stress for the victim. Schools can serve as intermediaries, connecting students with appropriate legal resources [16] and prioritizing their emotional well-being.

In conclusion, "Better Days" offers a nuanced portrayal of the role of legal action in addressing Bullying. Schools should approach this option with sensitivity and provide students with the knowledge and support required to make informed decisions. By learning from the film's depiction of the complexities and implications, schools can empower students to seek justice responsibly, fostering a safer and more accountable school environment.

4.3. Bystander Intervention: Cultivating Empathy and Unity

"Better Days" underscores the pivotal role of bystander intervention in combating Bullying, emphasizing the potential for unity and empowerment when students step up to support their peers. The film's portrayal of bystander dynamics offers valuable insights into how schools can encourage and enable students to intervene and promote a culture of solidarity actively.

The transformation of Xiao Bei (Xiao Bei) from a bully to a bystander who takes a stand showcases the power of personal growth and the potential for change. Schools should draw from this narrative, emphasizing that bystanders possess the agency to transform situations and challenge the status quo of Bullying.

The film's message of unity resonates strongly in the context of bystander intervention. Schools must promote a collective sense of responsibility, urging students to view Bullying as a community issue rather than an isolated incident. By doing so, they can inspire students to support their peers and collectively confront bullies.

Real schools can emulate the film's depiction of the steps involved in bystander intervention. Educators should guide recognizing Bullying, deciding when to intervene, and how to do so safely and effectively. This guidance can empower students to take action while minimizing risks associated with confrontation.

The film's portrayal of the positive impact of bystander intervention extends beyond individual actions. When bystanders unite against Bullying, they send a powerful message that such behaviour will not be tolerated. Schools can encourage students to actively support one another actively, fostering a sense of community and shared responsibility.

Furthermore, the movie's exploration of bystander intervention highlights the importance of reporting incidents [17]. Just as Xiao Bei's change of heart was driven by his realization that his actions had consequences, real schools must convey to students that reporting Bullying is a proactive step towards preventing further harm.

In conclusion, "Better Days" underscores the potential for transformation and unity through bystander intervention. Schools should emphasize the power of individual actions and collective responsibility. By guiding students on effective bystander intervention and fostering a culture of empathy and unity; schools can create an environment where Bullying is met with swift and united opposition, ultimately fostering a safer and more inclusive school community.

5. Conclusion

"Better Days" illuminates the multi-faceted approach required to reduce Bullying in schools. By drawing insights from the film's characters and themes, this study has underscored the pivotal roles of schools, teachers, and students in combating Bullying. Emphasizing awareness campaigns, psychological support, teacher-student relationships, and empowerment strategies, schools can create environments where empathy, accountability, and intervention thrive. Just as the characters in the movie evolve and grow, real schools have the opportunity to transform their communities, fostering safe, compassionate, and empowered spaces where Bullying becomes a thing of the past.

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