



# BULLYING IN THE KNOW

## CREATING A SAFE & REFLECTIVE ENVIRONMENT

**SEL is an educational movement gaining ground throughout the world. Recent research suggests that bullying is less prevalent in school communities and classrooms that have democratic cultures and value student voices. It stands to reason that in order to facilitate meaningful discussion, improve school climate, and reduce bullying, we must foster the characteristics of a reflective, democratic learning community.**

As you plan your approach to viewing and discussing BULLY with your school community, faculty and staff, or students, it is essential to nurture a reflective environment by:

- creating a sense of trust and openness
- encouraging participants to speak and listen to each other
- making space and time for silent reflection
- offering multiple avenues for participation and learning; and
- helping students appreciate the points of view, talents, and contributions of less vocal members.

*Adapted from CASEL's 'Social and Emotional Learning and Bullying Prevention'*