



BULLYING IN THE KNOW

SOCIAL & EMOTIONAL LEARNING

SEL is an educational movement gaining ground throughout the world. It focuses on the systematic development of a core set of social and emotional skills that help children more effectively handle life challenges and thrive in both their learning and their social environments. The Collaborative for Academic, Social, and Emotional Learning (CASEL) defines SEL as the processes through which children and adults acquire the knowledge, attitudes, and skills they need to recognise and manage their emotions, demonstrate caring and concern for others, establish positive relationships make responsible decisions, and handle challenging social situations constructively. CASEL has identified five core categories of SEL skills:

- **Self-awareness** - accurately assessing one's feelings, interests, values, and strengths/abilities, and maintaining a well-grounded sense of confidence
- **Self-management** - regulating one's emotions to handle stress, control impulses, and persevere in overcoming obstacles; setting personal and academic goals and then monitoring one's progress toward achieving them; and expressing emotions constructively

- **Social awareness** - taking the perspective of and empathizing with others; recognising and appreciating individual and group similarities and differences; identifying and following societal standards of conduct; and recognizing and using family, school and community resources
- **Relationship skills** - establishing and maintaining healthy and rewarding relationships based on cooperation; resisting inappropriate social pressure; preventing, managing, and resolving interpersonal conflict; and seeking help when needed
- **Responsible decision-making** - making decisions based on consideration of ethical standards, safety concerns, appropriate standards of conduct, respect for others, and likely consequences of various actions; applying decision making skills to academic and social situations; and contributing to the well-being of one's school and community.

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