



# BULLYING IN THE KNOW

## THE CONNECTION BETWEEN SEL AND BULLYING - FACTS

**Self-awareness, self-management, social awareness, relationships, and responsible decision-making are the core SEL skills that are the foundational competencies students need in order to deal with bullying.**

### SELF-AWARENESS & SELF-MANAGEMENT

In order to handle conflicts effectively, children need to be able to recognise when they are getting angry, and learn to calm themselves before reacting. Research has found that students expressing higher levels of sadness and emotional instability are more likely to be bullied. Hyperactivity and emotional outbursts are the two factors more likely to annoy and provoke peers.

### SOCIAL AWARENESS

Research suggests that children often lack empathy for the victims of bullying, and that they view being different from the social ideal, or social norm, as the cause of bullying. When active bystanders were asked why they chose to intervene, they were likely to attribute feelings of empathy for the victim and a general concern for the well-being of others as motivating factors.

### RELATIONSHIP SKILLS

#### **DID YOU KNOW?**

That having at least one best friend can prevent children from being victims.

Less than 1/4 of the time do bystanders try to assist victims.

Victims and bystanders typically do not seek help from peers or adults when they are unable to solve the problem on their own.

### RESPONSIBLE DECISION MAKING

Research indicates that children who frequently bully tend to misinterpret social interactions as being more hostile, adversarial, or provocative than their peers do. These kids also tend to hold more supportive beliefs about using violence and are less confident about using nonviolent strategies to resolve conflict. Problem-solving strategies are 13x more effective at de-scaling conflicts than are the aggressive, retaliatory, or emotionally reactive responses most used by targeted children.

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