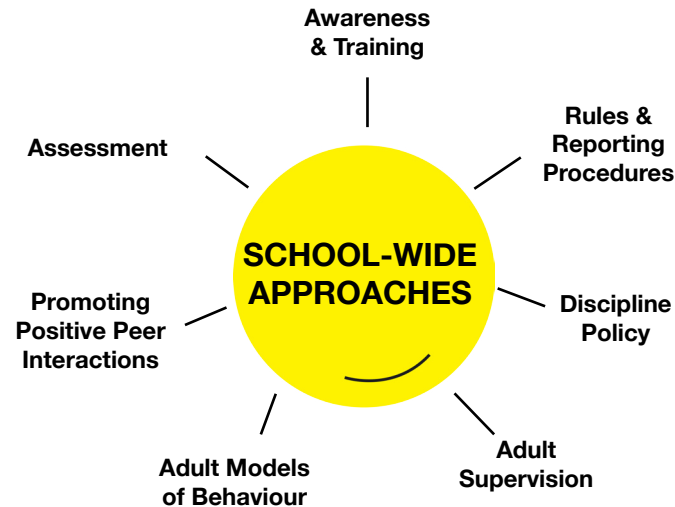




BULLYING IN THE KNOW

APPLYING AN SEL FRAMEWORK TO BULLYING

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



Classroom Climate
Teachers play an enormously important role in setting the classroom climate. If aggressive norms become established and are not corrected, the students in these classrooms display more aggressive acts in future years.

SEL Curricula & Activities
Helping young people think about the harmful consequences of their bullying behaviours on others and on their own relationships may reduce these behaviours. Giving young people opportunities to practice effective helping behaviours can help them develop the confidence to intervene in bullying situations.

CLASSROOM APPROACHES

Interventions
Students who are victimized, who witness bullying, or who regularly bully others need extended opportunities to practice relevant SEL skills. Schools also need to establish a support system for victims of bullying, as some may need therapeutic interventions to address their resulting psychological issues, such as depression & anxiety.

Parental Involvement
Since many victims are more likely to confide in their parents before other adults, parents need to be aware of what bullying is and what they should do at home and in concert with the school if their child is either a victim or a perpetrator of bullying.