

BULLYING PREVENTION NEWSLETTER

A Bi-Monthly Email Newsletter focused on Bullying Prevention & Resources

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BULLYING PREVENTION & SOCIAL-EMOTIONAL LEARNING (SEL)

This newsletter focuses on Bullying Prevention and Social-Emotional Learning (SEL). When students can manage emotions, achieve personal goals, demonstrate empathy for others and maintain relationships, they are less likely to bully or mistreat others.



WHAT IS SOCIAL AND EMOTIONAL LEARNING?

The Collaborative for Academic, Social and Emotional Learning (CASEL) recently updated their definition of social and emotional learning in 2020. CASEL's states, "Social and emotional learning (SEL) is an integral part of education and human development. SEL is the process through which all young people and adults acquire and apply the knowledge, skills and attitudes to develop healthy identities, manage emotions and achieve personal and collective goals, feel and show empathy for others, establish and maintain supportive relationships and make responsible and caring decisions.



Click on the diagram above to learn more about the SEL Framework.

FIVE CORE COMPETENCIES OF SEL

- Self-awareness
- Self-Management
- Social awareness
- Relationship skills
- Responsible decision-making

These skills allow children to calm themselves when angry, initiate friendships, resolve relationship conflicts respectfully and make ethical and safe choices (CASEL, 2009).



consideration

CHARACTER MOMENT



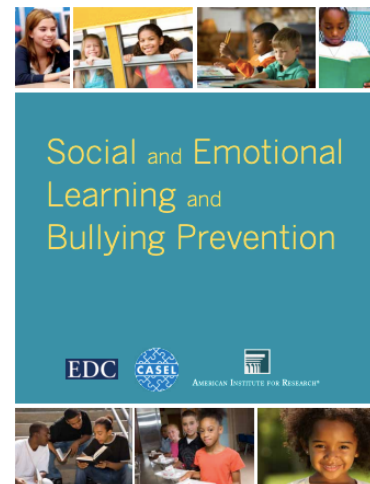
In this issue, we will focus on consideration as a character trait to prevent bullying.

Consideration is the ability to think about the needs of others. Consideration is also being conscious and deliberate in your actions and being aware and attentive to other's feelings and circumstances. When you are considerate about other's feelings, you contribute positively to bullying prevention. Click on the video presented by Mrs. Nix, Psychologist, to learn more about consideration.



SOCIAL AND EMOTIONAL LEARNING AND BULLYING PREVENTION

Social and Emotional Learning and Bullying Prevention is a brief focused on (a) providing a basic description of a school-wide SEL framework, (b) illustrating the relationship between social and emotional factors and bullying and (c) explaining how the SEL framework can be extended to include bullying prevention.



Click on the icon above to view the entire brief



THE BENEFITS OF SEL

Two decades of research demonstrate that promoting social and emotional learning (SEL) has positive benefits. Click on the video on the left to learn more about the benefits of SEL.