


School-based Bullying Prevention: NOW more than ever we need to do it right!


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Presenters


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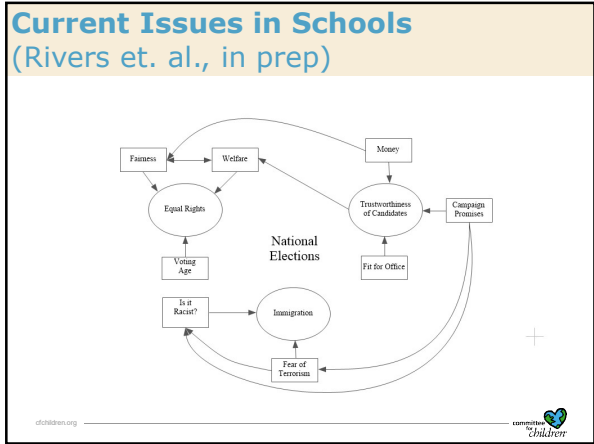
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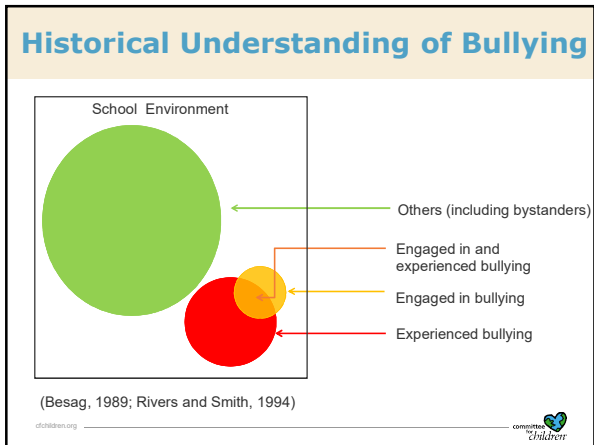
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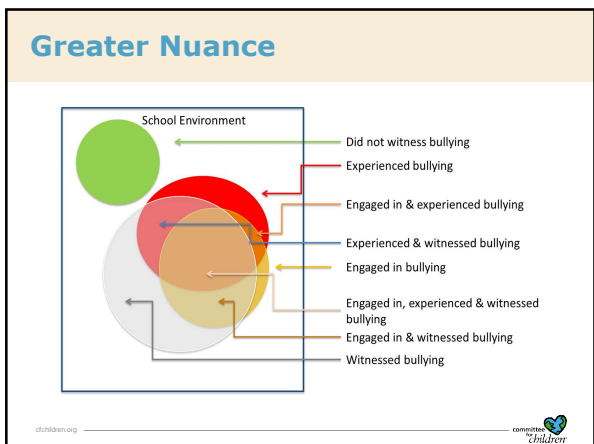
Presentation Overview

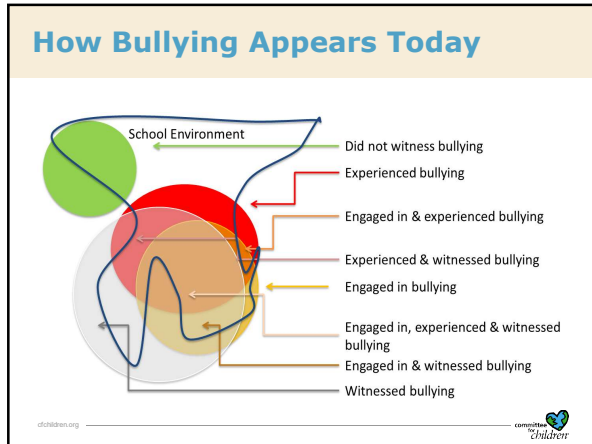
Topic	Time
The current socio-political climate and prevalence of bullying victimization in Europe	10 minutes
Best research-based practices for school-based bullying prevention	10 minutes
Core components of social emotional learning	5 minutes
SEL as a foundation for restorative practices and bullying prevention	10 minutes
Key cautions when implementing restorative practices and bullying prevention together	5 minutes

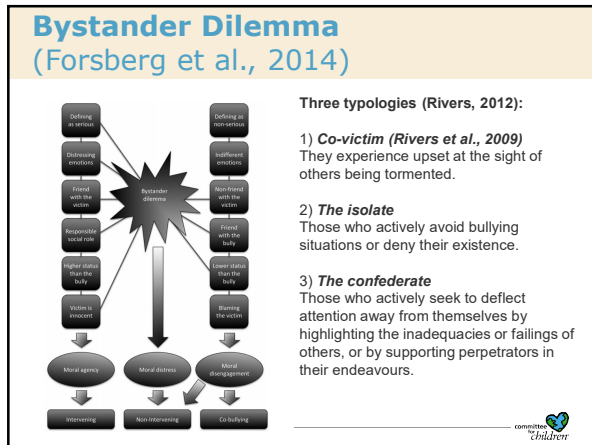
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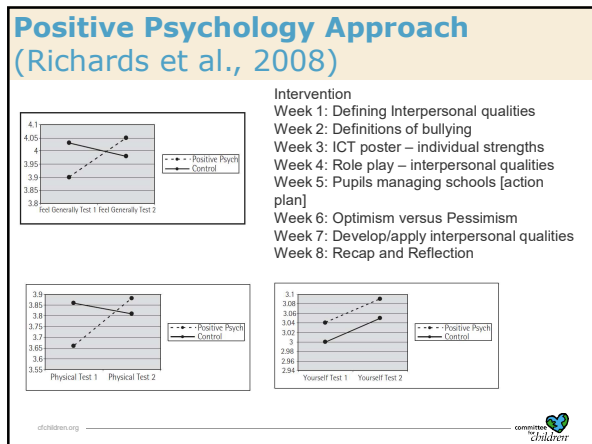


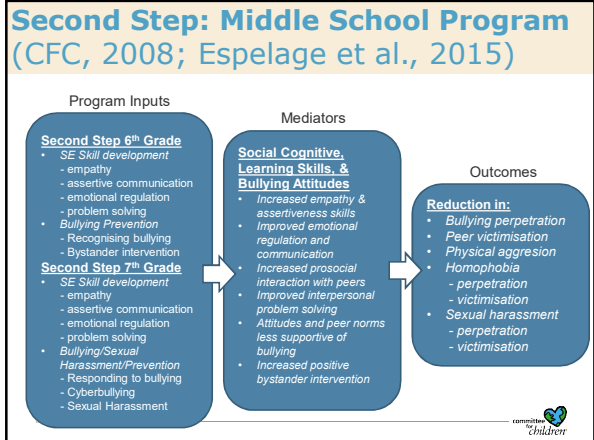


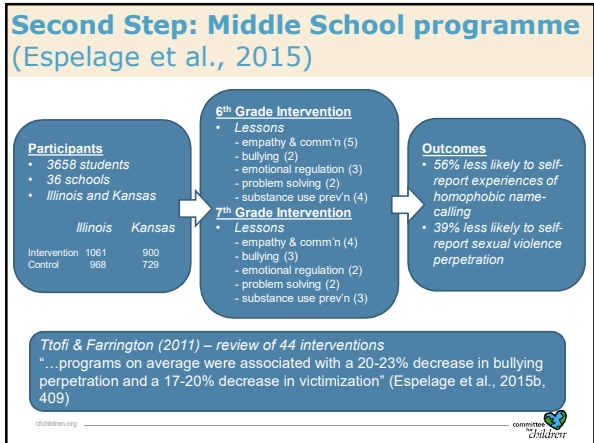



















Staff need to be trained to recognize, respond to, and report bullying behavior

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Social and Emotional Skills for Restorative Practices (RP)

List social and emotional skills that support effective participation in Restorative Practices.




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Social and Emotional Skills for Bullying Prevention (BP)

What social and emotional skills do you think are needed for bullying prevention?

Check off ones needed that are already on your list and add others.




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Social and Emotional Skills

Social and Emotional Skills	RP	BP
Empathy and compassion	X	X
Identifying, managing and expressing one's own emotions	X	X
Relationship skills	X	X
Communication skills: • Listening • Assertiveness	X	X
Interpersonal problem solving	X	X

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The Good News: Skills Can Be Taught

- Sequenced
- Active
- Focused
- Explicit



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Social Emotional Learning

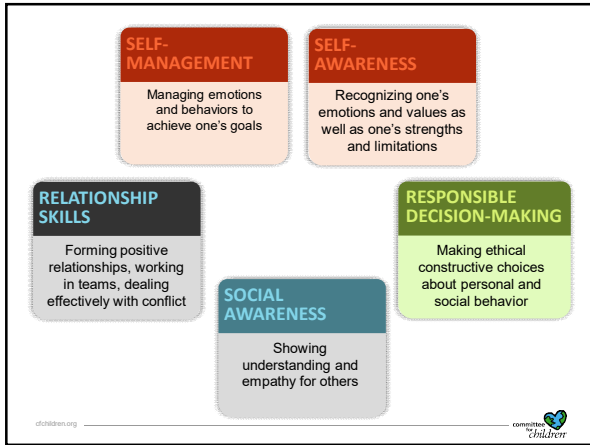
Social and emotional learning (SEL) is the process through which children and adults acquire and effectively apply the knowledge, attitudes, and skills necessary to understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions



Collaborative for Academic, Social, and Emotional Learning www.casel.org

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SEL and Student Success



- 23% gain in social-emotional skills
- 9% gain in attitudes about self/others/school
- 9% gain in pro-social behavior
- **11% gain on academic achievement**

Reduced Risks for Failure

- 9% difference in problem behavior
- 10% difference in emotional distress




Source: Durlak, J.A., Weissberg, R.P., Dymnicki, A.B., Taylor, R.D., and Schellinger, K. (2011). The Impact of Enhancing Students' Social and Emotional Learning: A Meta-Analysis of School-Based Universal Interventions. *Child Development*, 82, 405-432.


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Empathy Skills


- Identifying others' feelings
- Taking others' perspectives
- Showing care and concern



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Empathy Skills


<h4>Restorative Practices</h4> <ul style="list-style-type: none">• Builds relationships• Sustains relationships with care and concern• Helps develop trust• Develops ability to make affective statements	<h4>Bullying Prevention</h4> <ul style="list-style-type: none">• Increases care and concern for kids who are bullied• Helps motivate bystanders to be part of the solution• May help some students who bully change their behavior
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Emotion Management Skills

- Identifying one's own feelings
- Calming down strategies
- Managing strong emotions that can lead to harm



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Emotion Management Skills

Restorative Practices

- Develops ability to make affective statements
- Help prevent harmful actions
- Helps repair relationships

Bullying Prevention

- Help reactive victims be less attractive targets
- Help victims/bystanders deal with the strong feelings
- Improve behavior and reactions of bully/victims

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Relationship skills

- Playing fairly
- Joining in with a group
- Including others
- Making amends
- Taking responsibility
- Giving and getting support



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Relationship Skills

Restorative Practices

- Essential foundation for Restorative Practices


Bullying Prevention


- Make students less vulnerable by increasing friendships and peer connections
- Help create a generally healthier, more inclusive peer culture

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Communication skills


Listening
Being assertive
Disagreeing respectfully



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Communication Skills: Listening

<p>Restorative Practices</p> <ul style="list-style-type: none"> • Foundational for participation in circles of all kinds 	<p>Bullying Prevention</p> <ul style="list-style-type: none"> • Make students less vulnerable by increasing friendships and peer connections • Help create a generally healthier, more inclusive peer culture
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Communication Skills: Assertiveness

<p>Restorative Practices</p> <ul style="list-style-type: none"> • Helps students speak up when necessary • Provides an effective alternative to aggressive communication 	<p>Bullying Prevention</p> <ul style="list-style-type: none"> • Help bullied students stand up for themselves or seek help • Help bystanders report or intervene
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Interpersonal Problem Solving skills

- Identifying the problem
- Generating solutions
- Exploring consequences
- Deciding on a solution that will work for everyone
- Making a plan



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Interpersonal Problem-solving

Restorative Practices

- Helps resolve conflicts that could lead to harm
- Helps students repair the harm
- Helps students make things as right as possible

Bullying Prevention

- Help reduce reactive bullying
- Help students who are bullied or witness bullying to use a process to make good decisions.
- Help students generate more options for how to handle the situation.

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Cautions

- RP Conferences/Restorative Meetings are not always beneficial.
- Too few school staff members are trained appropriately in RP and BP best practices.
- Educators underestimate (or fail to provide) the time, steps and resources that are required to do RP and BP well.
- Peer mentors, rather than well-trained adults, conduct face-to-face meetings between students who are bullied and students who bully.
- We can't assume that students who observe bullying are 'able' to engage in anti-bullying interventions effectively without effective social emotional skills.

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Questions?



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