

ABA-AFA-13-015

SEAL (Social and Emotional Aspects of Learning) approaches as a whole school tool to reduce relational conflict and bullying behaviours

SEAL approaches are now widespread, with well resourced staff development packages and training programmes, along with materials for learners. Although most recent research suggests a tenuous link between SEAL and raising standards, SEAL programmes certainly reduce relational conflict through higher levels of self awareness and social skills.

In the specific context of bullying and SEND, raising students' confidence, and resilience, equipping them with strategies and coping skills for going out in the community, gaining confidence in communicating and in maintaining friendships certainly work as protecting factors in terms of the impact of bullying behaviours.

There are concerns (detailed in "Perspectives of Bullying and Difference" 2013 p. 83): the work with learners with SEND **must** be set within a whole school context, otherwise it appears to place responsibility on the individual involved rather than on others to adapt their behaviours. Also, the burden of managing change could fall on a small number of staff rather than the whole workforce. This is an important consideration if SEAL approaches are to be adopted.

ANTICIPATE

ANTICIPATE- raise awareness and level of social skills

QUICK WIN or MEDIUM / LONG TERM?

LT- long term

M/LTG

SOCIAL CONTEXT
VBC- relating to victim, person showing bully behaviours and wider community

PHASE

ALL

ALL



WHAT YOUNG PEOPLE SAY

Welcome initiatives to support, develop and sustain friendships

WHAT PARENTS SAY

Use active support techniques circle of friends; a buddy system (peer mediators/peer mentors); safe zones, for when a child is distressed or need of support or time alone; communication cards or signals which a child can use in class to let a teacher know if they are upset, feeling stressed or in need of support or time out; supporting children in unstructured time (corridors, playgrounds)

WHAT RESEARCHERS SAY

"Skills training approaches are deemed an important preventative strategy in stopping children with SEN from 'allowing' things happen to them" Perspectives on Bullying and Difference p. 82)

COST RESOURCE

If the school is already SEAL-aware, aligning existing effective practice to reduce SEND bullying will be relatively straightforward. If new to SEAL, significant training and staff development commitment required.

RELATED STRATEGIES

LINK TO RESOURCES

[Anti-Bullying Alliance SEAL resources for Anti-Bullying CASEL = SEAL in the USA](#)

[SEAL RESOURCES PRIMARY](#)
[SEAL RESOURCES SECONDARY](#)



For more information on the programme, visit the [Anti-Bullying Alliance](#) information hub. These resources are hosted and developed by [Achievement for All](#)



STRATEGIES TO REDUCE THE IMPACT AND INCIDENCE OF BULLYING ON VULNERABLE LEARNERS

Comprehensive resources hosted by CWE (Centre for Wise Education), which is a mix of National Strategy resources and links to other materials



For more information on the programme, visit the [Anti-Bullying Alliance](#) information hub. These resources are hosted and developed by [Achievement for All](#)

