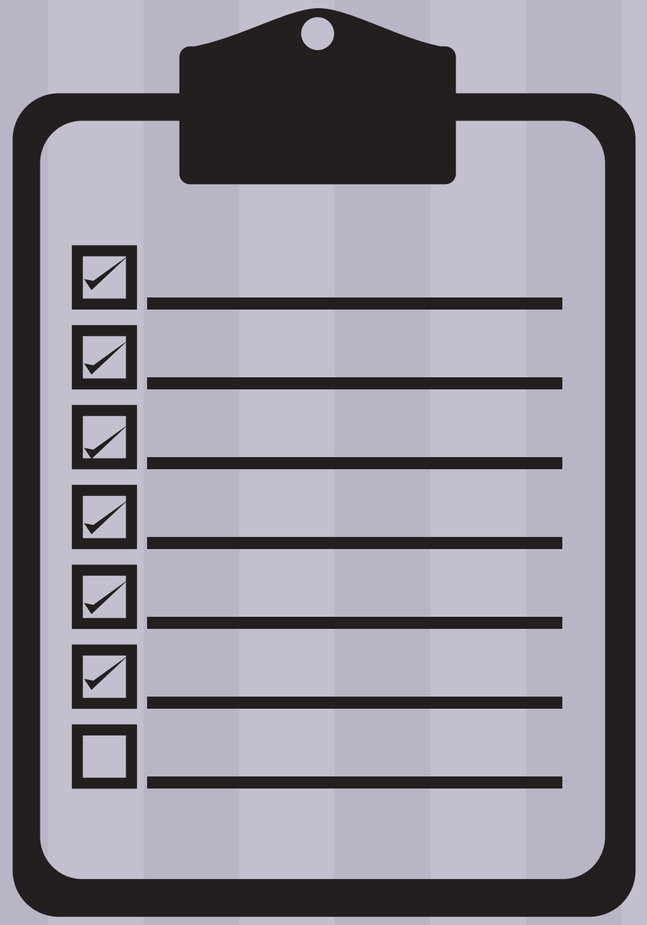
Leveraging Positive Teacher-Student Relationships to Address School Bullying and Support Student Mental Health

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Slides & Handout: heatherawoods.ca/PLC-2020



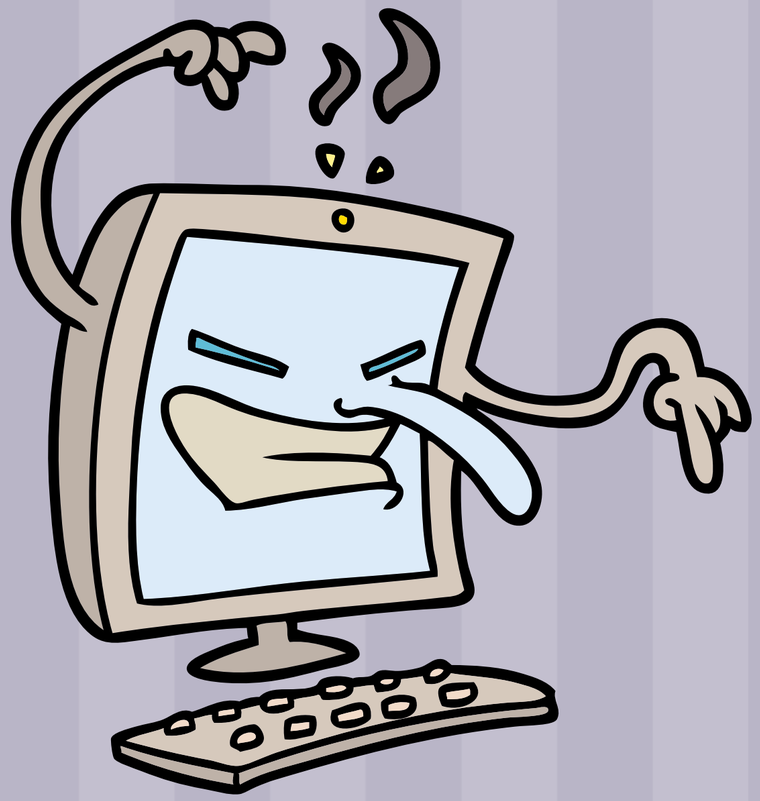
Agenda

1. Context
2. Teacher-Student Relationship
3. What Can We Do?

What is Bullying?



What is Bullying?



1. Power Imbalance
2. Goal-Directed/Intent to Harm
3. Repetition

Bullying Stats

- Bullying rates are on the decline in Canada
- But, more children report that they have been bullied than in previous years
- Cyberbullying occurs less frequently than traditional bullying
- Throughout Grades 6 to 10, girls consistently reported higher rates of victimization than boys
- Victimization peaks in middle-school
- Physical bullying decreases in high school but verbal, social, and cyberbullying increase between the ages of 11 and 16 (Berger, 2007)

Impact of bullying on student's lives

Depression & Anxiety

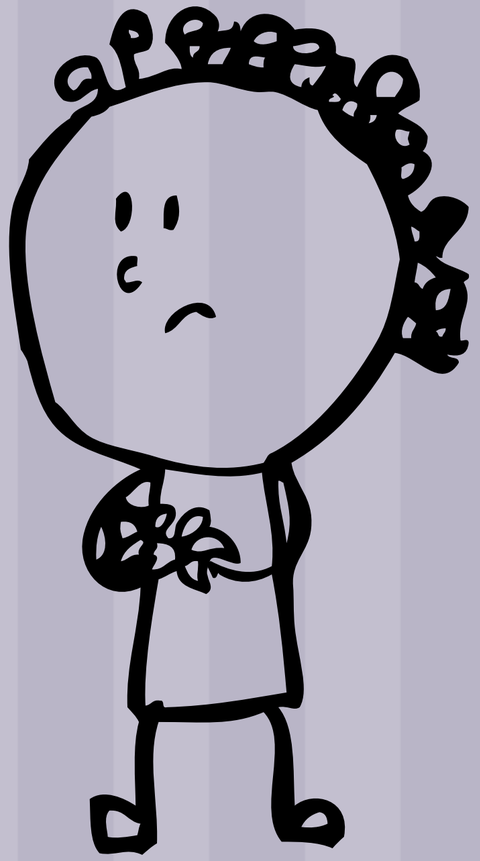
Absenteeism

Problems Sleeping

Weight Gain

Thoughts of Suicide

Headaches & Stomach Aches



Academic Achievement

Self-Confidence

Friendship Quality

Importance of Teacher-Student Relationships

Warm supportive relationships associated with less bullying, higher academic achievement, more engagement in the classroom, social-emotional well-being.

Conflictual relationships associated with difficulties with classroom management, more aggression amongst students, and victimization among students. However, there is mixed findings about the relationship quality between students who engage in bullying and their teachers, as those who engage in bullying behaviour may feel they have a positive relationship with their teachers.

What can we do?

Attunement

Getting to know your students



1-on-1

Social Context



How Do We Demonstrate Attunement?

Body language



Active listening



One on One Strategies

Avoid minimizing the problem



Explore the problem



Stay calm & avoid rash responses

Negotiate rules but remain positive



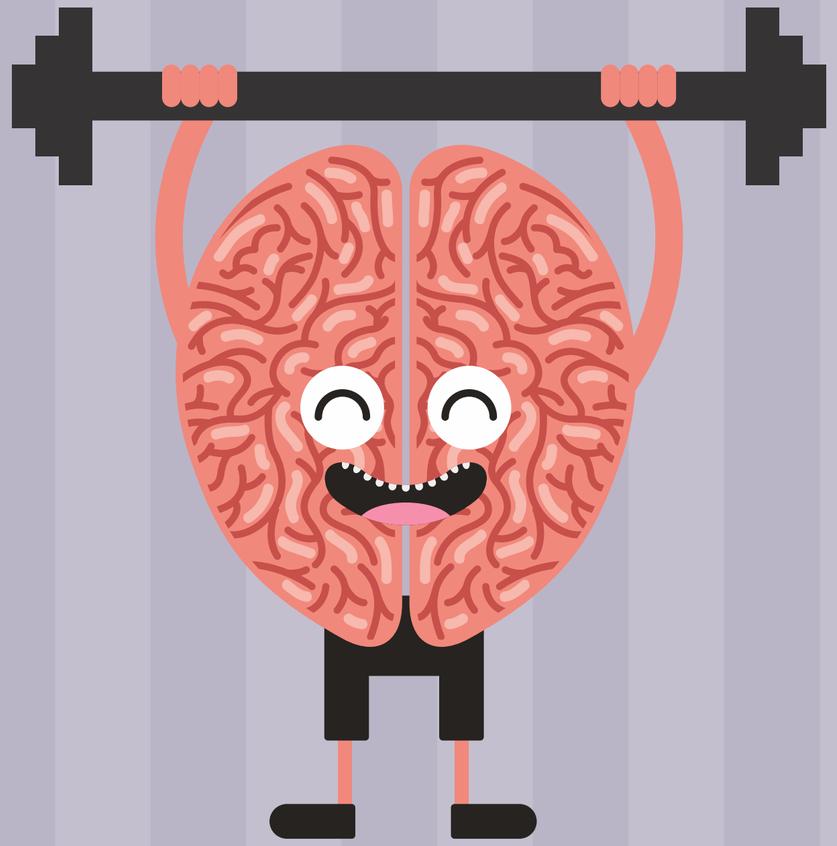
Avoid Blaming/Labelling Language



Plan & Practice Responses

Learn about friendships & provide opportunities for new friendships





Celebrate Child's Resilience

Strategies with Colleagues

Communicating with colleagues

- Builds knowledge of student and their social context
- Builds capacity and understanding of potential plans of action



Activity

Read and share your vignette to understand Chantal's situation

What are the areas in which you could intevene?

How would you intervene/address the situation?

Reflection

What are your take aways from this activity?

What did you learn from talking with others in developing strategies for addressing the situation?

Activity

Think of a time when you were victimized or in conflict with someone

Sharer: Share with your partner about your experience

Listener: Practice active listening, use prompts from the handout

Reflection

How did it feel to be listened to in this way?

How did it feel to be the listener? Was it difficult?

Who might you seek support from if this was a student of yours?

Q & A

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