

Counseling/SEL/Bullying Prevention

Overview:

The school counselors in grades K - 8 serve as a resource to students as they develop emotional awareness, interpersonal skills, responsibility, and personal accountability. They also support students in times of crisis and need, but the counselors also serve an important role when it comes to supporting the Social/Emotional growth of students. Research has shown that well-implemented SEL programs designed to address social, emotional, and academic needs of students are connected to academic growth as well as high quality social interactions. The increase in these aspects are also connected to students reporting feeling safer at school. Students who feel safe are more likely to present as “ready to learn.” For these programs to be successful, school leaders as well as classroom teachers need to incorporate these skills in the day-to-day operations of the school.

Students in grades K-5 are taught using Second Step, a program rooted in social-emotional learning that helps transform schools into supportive, successful learning environments uniquely equipped to help children thrive. Students are taught lessons throughout the year by the Guidance Counselor, as well as classroom teacher.

Grade K -1 students focus on the following:

- Proper Social Behavior
- Being an Up-Stander
- Safety
- Respect
- Rules
- Recognizing, Reporting, & Refusing Bullying
- “I Can” Statements

Grade 2-3 students focus on the following:

- Characteristics of Bullying Behavior
- Situations where Bullying is Taking Place
- Bullying vs. Conflict
- Roles of the Bystander, the Victim, the Bully
- Respect
- Rules
- Recognizing, Reporting, & Refusing Bullying
- “I Can” Statements

Grade 4 & 5 students focus on the following:

- Safety
- Respect
- New Jersey State HIB Law

- Bullying vs. Conflict
- Identifying Bullying
- Reporting Bullying
- Up-Stander Power
- CyberBullying

Grade 6 & 7 students focus on the following:

- New Jersey State HIB Law
- Conflict Resolution Techniques
- Cyberbullying
- Stereotyping
- Effects of Bullying

*Students in 7th grade view a video with our Guidance Counselors and School Resource Officers entitled, “Sticks and Stones.” It is a film about the dangers of cyberbullying. Information and a permission slip will be sent home prior to students viewing the film.

Grade 8 students focus on the following:

- Social bullying
- Cyberbullying
- Physical bullying
- Verbal bullying
- Peer Pressure
- Proactive Solutions Against Bullying
- Long Term Effects of Bullying

Students in grades 6-8 are taught using *The Seven Habits of Highly Effective Teens* by Sean Covey.

Habits:

1. Be Proactive
2. Begin with the End in Mind
3. Put Things First
4. Think Win-Win
5. Seek First to Understand, Then to Be Understood
6. Synergize
7. Sharpen the Saw

**Due to the current year, all lessons are taught virtually by staff members.*

Courses:

Courses	Grade	Resource or Electronic Supplement	Last Curriculum Update
Counseling/SEL/ Bullying Prevention	K-5	<i>Teacher Resource:</i> Second Step 10 Simple Lessons for Better Behavior	N/A
Counseling/SEL/ Bullying Prevention	6-8	<i>Teacher Resource:</i> Second Step The Seven Habits of Highlight Effective Teens by Sean Covey <i>Teacher Resource:</i> Workbook for The Seven Habits of Highlight Effective Teens by Sean Covey	2019

**In partnership with [Jenny Mills](#), training workshops and presentations are offered to the staff and community regarding Social Emotional Learning.*