Bullying is typically a group phenomenon that involves multiple aspects of social relationships. Many students bully for social reasons and use bullying effectively to gain status.

Victims of bullying tend to be socially withdrawn and lack positive self-concepts.<sup>7</sup>

By standers often report feeling guilt and helplessness for not standing up for a peer who is being bullied and often do not intervene for fear of retaliation.

Given the social nature of bullying, a key component in combating this behavior is to focus on changing bullying norms and increasing the social-emotional competence of students.<sup>8,9,10,11</sup> Focus in schools on skills to deal with

Learning to manage strong emotions may help both children who bully and those who are bullied get along with peers and make good choices. Research has found that students being bullied can learn to use self-talk and other calming strategies to avoid crying, retaliating, or responding in other ways likely to mark them as easy targets for continued victimization.<sup>23,24</sup>

the ability to successfully navigate through social problems and challenges

Children who are good social problem solvers can recognize a problem, reflect on possible solutions, and understand consequences to a particular action. It is no surprise that this skill is important in manag1 0 0 1 28L p

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