

# **PROMOTION OF SOCIAL SKILLS**, **MORAL DEVELOPMENT** AND SELF-KNOWLEDGE AS **MEANS TO PREVENT BULLYING IN HIGH SCHOOLS**

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# Where it comes from...

11 SEP 2013

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#### Decree 1961

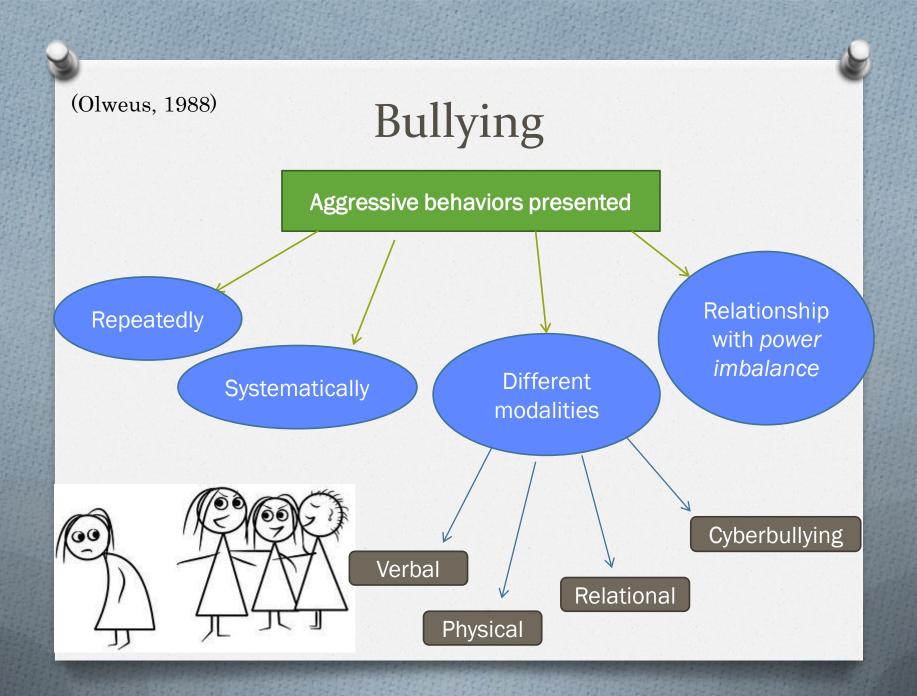
 «...creating the National School Coexistance System, Exercise Training for Human Rights, Sexual Education as well as, Prevention and Mitigation of School Violence.»

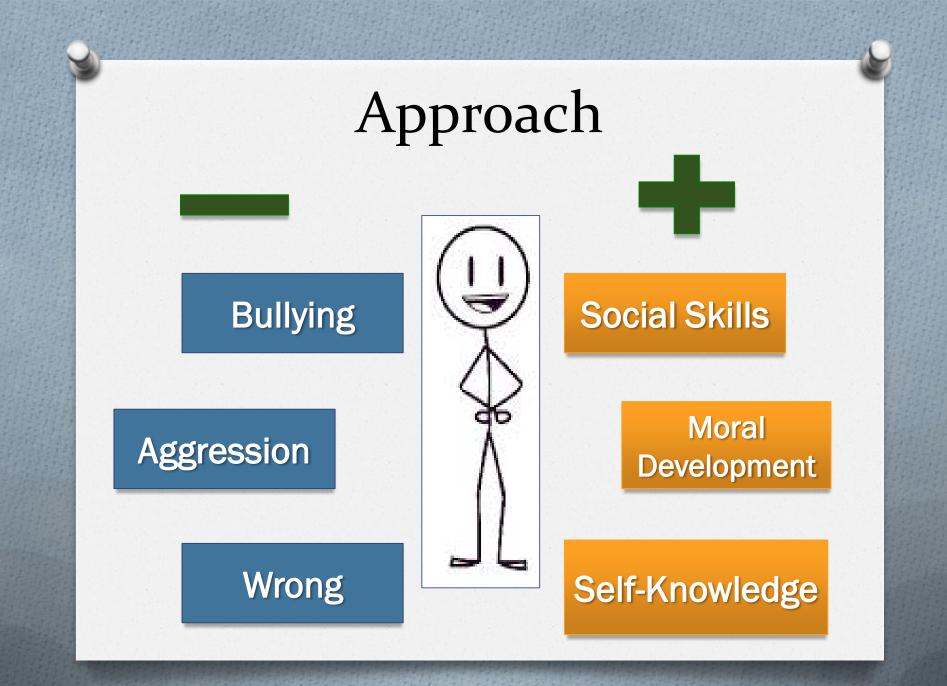
## Meets the Needs

#### 1. Decree 1961

2. Diagnostic Survey conducted by the Department of Psychology







#### SOCIAL SKILLS

Set of skills which allows a person to function adaptively and efficiently in different social environments

Learning Imitation Observation Trial and Error Age, cognitive development, culture, personality traits, personal learning

#### **Goal Orientation**

Cognitive
Component

#### **Situational Specificity**

According to context

#### **Overt Behaviors**

- Verbal
- Non Verbal

(Sánchez, M., &Traver, J.2006). (Caballo, 2007)

# Social Skills in School

#### **Social Interactions**

Decentration of egocentric thinking

#### Cooperation

Distinction of situations Ex: Aggression is unacceptable







### Moral Development



<u>Morality</u> Acquisition of Rules (Piaget)

<u>Moral</u> <u>Development</u> <u>components</u> (Podolskij & Karabanova, 2003) Moral Emotions

SympathyEmpathy

Pro-social Behaviors

(Guevara, Barrera & Cabrera, 2007) <u>Moral</u> Judgment

- Defining Position
- Decision making

<u>(Kohlberg,</u> Lind)

### Pro-Social Behaviors

- Voluntary behaviors seeking the benefit of others
- Main predictors of psychological adjustment

### **Moral Emotions**

- Empathy Comprehension of emotional state
- Sympathy Emotional response
- Main predictors of Prosocial behaviors



(Eisenberg y Fabes, 1993) (Guevara, Cabrera & Barrera, 2007)

## Moral Development in School

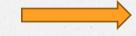
Classroom exercises in school which involve autonomy, democracy and teamwork

Respect and problem solving



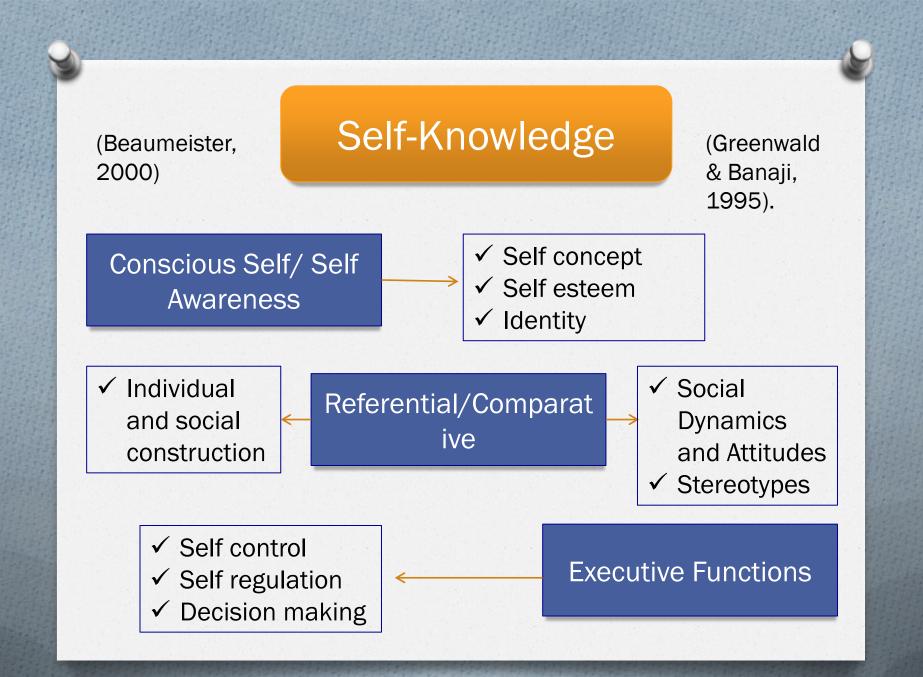


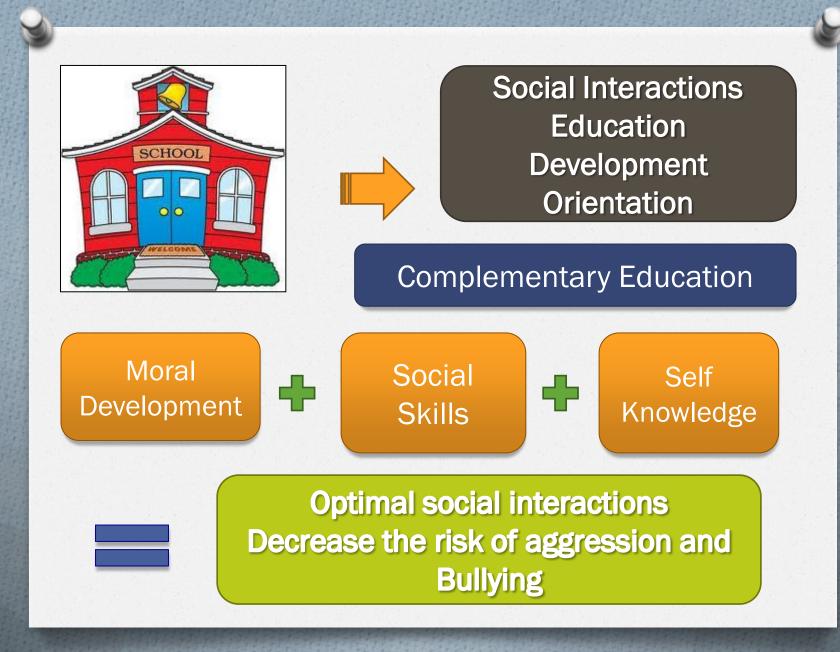
Moral Development



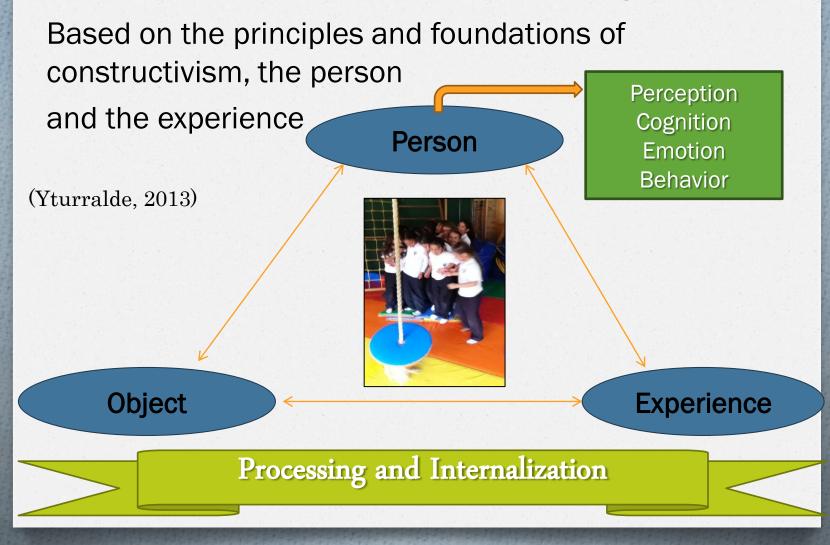
(Araújo, 2000)

Prevention and decrease the risk of maladaptive behaviours and intimidation dynamics





### **Experiential Learning**



### **PROGRAMA BUEN TRATO**

#### **Experiential Learning**

Social Skills
Moral Development
Self-Knowledge

#### Moral Dilemma Discussion

#### Debriefing/ Processing







# **Evaluation/Results**

1. Processing/Debriefing 2. Questionnaire

