

secondSTEP[®]

Social Emotional Skills for Student Success



Our Vision

Safe children thriving in a peaceful world.

SELF-MANAGEMENT

Managing emotions and behaviors to achieve one's goals

SELF-AWARENESS

Recognizing one's emotions and values as well as one's strengths and limitations

RELATIONSHIP SKILLS

Forming positive relationships, working in teams, dealing effectively with conflict

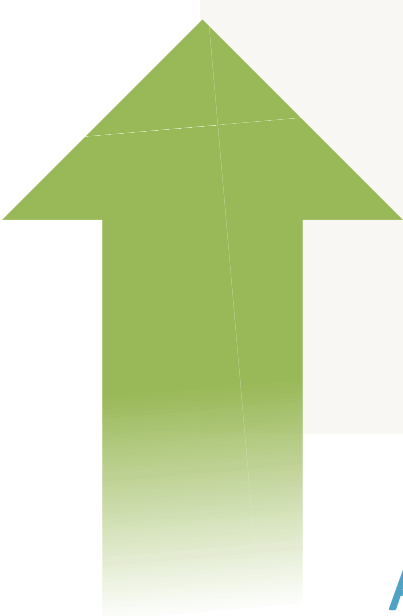
RESPONSIBLE DECISION-MAKING

Making ethical constructive choices about personal and social behavior


SOCIAL AWARENESS

Showing understanding and empathy for others

Research Links SEL to Higher Student Success

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- 23% gain in Social Emotional skills
 - 9% gain in attitudes about self/others/school
 - 9% gain in pro-social behavior
 - **11% gain on academic performance** via standardized tests (math and reading)

And Reduced Risks for Failure

- 9% difference in problem behaviors
 - 10% difference in emotional distress
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Source: Durlak, J.A., Weissberg, R.P., Dymnicki, A.B., Taylor, R.D., and Schellinger, K. (2011). The Impact of Enhancing Students' Social and Emotional Learning: A Meta-Analysis of School-Based Universal Interventions. *Child Development*, 82, 405-432.

What do teachers think?



97% of teachers believe that SEL will benefit students from all backgrounds

Yet, only **44%** say that social emotional skills are being taught on a schoolwide, programmatic basis.

THE MISSING PIECE
A REPORT FOR CASEL

A National Teacher Survey
on How Social and
Emotional Learning Can
Empower Children and
Transform Schools

By Civic Enterprises
with Peter D. Hart Research Associates
John Bridgeland | Mary Bruce | Arya Hariharan

Whittier Teacher Feedback

“I find Second Step to be an outstanding curriculum. I see younger and younger kids feeling stressed or unable to handle emotions they experience. I have a student who needed belly breathing just at the time I taught that lesson. The videos and the games as well as the real life situational photo cards are all excellent tools for teaching the emotional health tools that Second Step promotes.”

“I think it’s a valuable resource. The skills students are discussing each week are very applicable to their experiences with friends/peers. The pictures are colorful and the lessons easy to understand with good strategies that are easy to apply. The videos are great as well. To be honest, I haven’t used the songs. I listened to one from the first unit and it seemed a little “Babyish”. That probably had more to do with me singing than the actual song.”

“It is amazing to hear 1st graders understand and use the word empathy.”

“Second Step is organized and very easy to use. The big ideas we’ve covered so far in 4th grade are perspective taking and handling strong emotions (several lessons on each) and I’ve been able to refer to the strategies in the curriculum many times throughout the year. There are also meaningful home links for them to complete with an adult at home that tie in out-of-school situations to the strategy at hand.”

Four Core Program Elements

