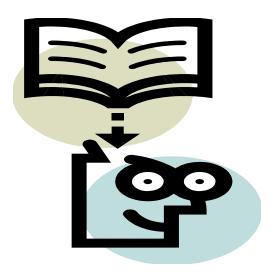
Second Step

Student Success through Prevention



Rationale

- Creating and fostering a safe, nurturing learning environment in our school is paramount to student achievement.
- Connections between adults and students is a central component of a culture of safety and respect.
- Students who feel connected to at least one adult in the school are less likely to commit acts of violence.
 They also have better attendance records, improved social skills and fewer academic failures

Background Information for Second Step

- Developed by the Committee for Children in 1987 (Seattle)
- Most widely used K-8 social skills curriculum in the United States
- Middle School component released in June 2008
- <u>Universal</u> program which provides the foundation for creating a safe, learning environment.
- Highlands School District uses it in elementary and middle school.

SOCIAL/EMOTIONAL LEARNING SEL

 Social and emotional competencies have been shown to increase academic achievement.

 Social and emotional competence leads to increased school connectedness

SEL by the Numbers

- 2008 CASEL* study
- 11 percentile-point gain in achievement test scores
- 23% improvement in social and emotional skills
- 9% improvement in attitudes about self, others and school
- 9% improvement in school and classroom behavior
- 9% decrease in conduct problems, such as classroom misbehavior and aggression
- 10% decrease in emotional distress, such as anxiety and depression

*Collaborative for Academic, Social and Emotional Learning

The 5-Themes of the Second Step Program

- Empathy and Communication
- Bullying Prevention
- Emotion Management
- Problem Solving/Decision Making/Goal Setting
- Substance Abuse Prevention

Goals of the Second Step program



Decrease

- Aggression & Violence
 - Bullying
 - Substance Abuse

Increase

School Success



Risk and Protective Factors

RISK FACTORS	PROTECTIVE FACTORS
Peer rejection	Social skills: empathy and communication, emotion management, and problem solving
Impulsivity	School connectedness and engagement
Peer rewards for problem behaviors	Adoption of conventional norms about substance abuse and school success
Friends who engage in problem behaviors	
Favorable attitude toward drug/alcohol use	

WHERE WILL TEACHERS FIND THE TIME TO TEACH THIS?

 Do schools have to make the painful choice between preparing students to meet rigorous academic standards or preparing them to be responsible successful adults?



HMS---Second Step Program

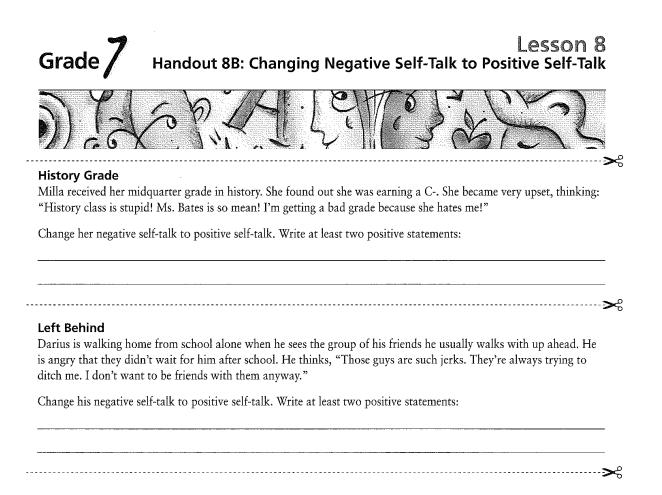
- Every teacher has a mentoring homeroom (10-15 students)
- Students in each homeroom are grouped heterogeneously
 - minimal conflict within the group
 - may not have had the opportunity to interact with each other previously
 - have diverse interests/talents/needs
- Twice each week, teachers facilitate the Second Step
 curriculum (6th grade homerooms doing the same lesson each week, 7th grade homerooms doing the same lesson, etc.)
- Weekly Grade Level Morning Meetings---community building, recognition, reinforcement of Second Step material

Example

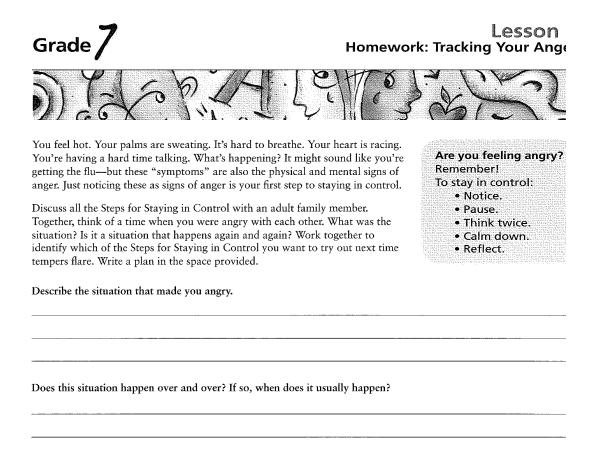
Grade 7 Lesson--Emotion Management

- Lesson Plan is completely scripted for teachers
- Resources—DVD, hand-outs, worksheets, extension assignments, parent letters, posters

Partner Activity Example



Homework Example





"We can not turn away from the emotional fabric of children's lives or assume that learning can take place isolated from their feelings." --Linda Lantieri





Additional Resources

- www.cfchildren.org/ssmpig
- www.bullypolice.org