



What Is Second Step® Middle School?

Second Step Middle School is a research-based social-emotional learning (SEL) program designed to improve students' social-emotional skills, such as **emotion management, impulse control, problem solving, and empathy.**

Studies show that these skills can help improve academic performance, reduce negative social behaviors like bullying, and create positive classroom and school climates.

- Emotion management**
- Impulse control**
- Problem solving**
- Empathy**

How do students and schools benefit from SEL?



PROMOTE

- Social-emotional skills
- Prosocial behavior
- Academic achievement



PREVENT

- Conduct problems
- Aggressive behavior
- Emotional distress

Do the benefits of SEL last beyond school?

Yes. SEL is helping instill crucial workplace skills in the next generation of employees.

WORKFORCE READINESS SKILLS

<ul style="list-style-type: none"> • Complex problem solving • Critical thinking • Creativity • People management 	<ul style="list-style-type: none"> • Coordinating with others • Emotional intelligence • Judgment and decision-making 	<ul style="list-style-type: none"> • Service orientation • Negotiation • Cognitive flexibility
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Visit ParentTeenConnect.org for expert advice on hot-button topics for teens and the adults in their lives.





Dear Family,

We want your child to be successful in school and that means supporting and encouraging their whole development. While excelling in academic classes is important, students also need skills to take on learning challenges, make good decisions, handle strong emotions, and get along with others.

This week, we'll begin Second Step® Middle School, a research-based social-emotional learning program designed to improve students' social-emotional skills, such as emotion management, impulse control, problem solving, and empathy. Second Step skills and concepts are designed to help students both in and out of school. These include:

Mindsets and Goals: Students learn how to develop a growth mindset and apply research-based goal-setting strategies to their social and academic lives.

Recognizing Bullying and Harassment: Students learn how to recognize bullying and harassment, stand up safely to bullying, and respond appropriately to harassment.

Thoughts, Emotions, and Decisions: Students learn how to recognize strong emotions and unhelpful thoughts, and apply strategies to manage their emotions and reduce stress.

Managing Relationships and Social Conflict: Students learn strategies for developing and maintaining healthy relationships, perspective-taking, and dealing with conflict.

If you have any questions about Second Step® Middle School, please don't hesitate to contact me for more information. Thank you for your support as we work to build a safe and supportive school community.

Sincerely,