

Second Step

What is Second Step?

The Second Step program is a research based, classroom guidance curriculum that focuses on social and emotional learning (SEL). It is designed to increase students' school success and decrease problem behaviors by promoting social and emotional self-regulation skills. The learning objectives and principles are based on the premise that students perform better academically and feel more connected to their school when they have social and emotional competence (Durlak et al., 2011).

Second Step lessons focus on;

- Getting along with others
- Being assertive
- Managing strong emotions
- Having empathy for others
- Dealing with peer pressure
- Conflict resolution
- Accepting differences

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