

# Second Step: I Have the Kit, Now What?

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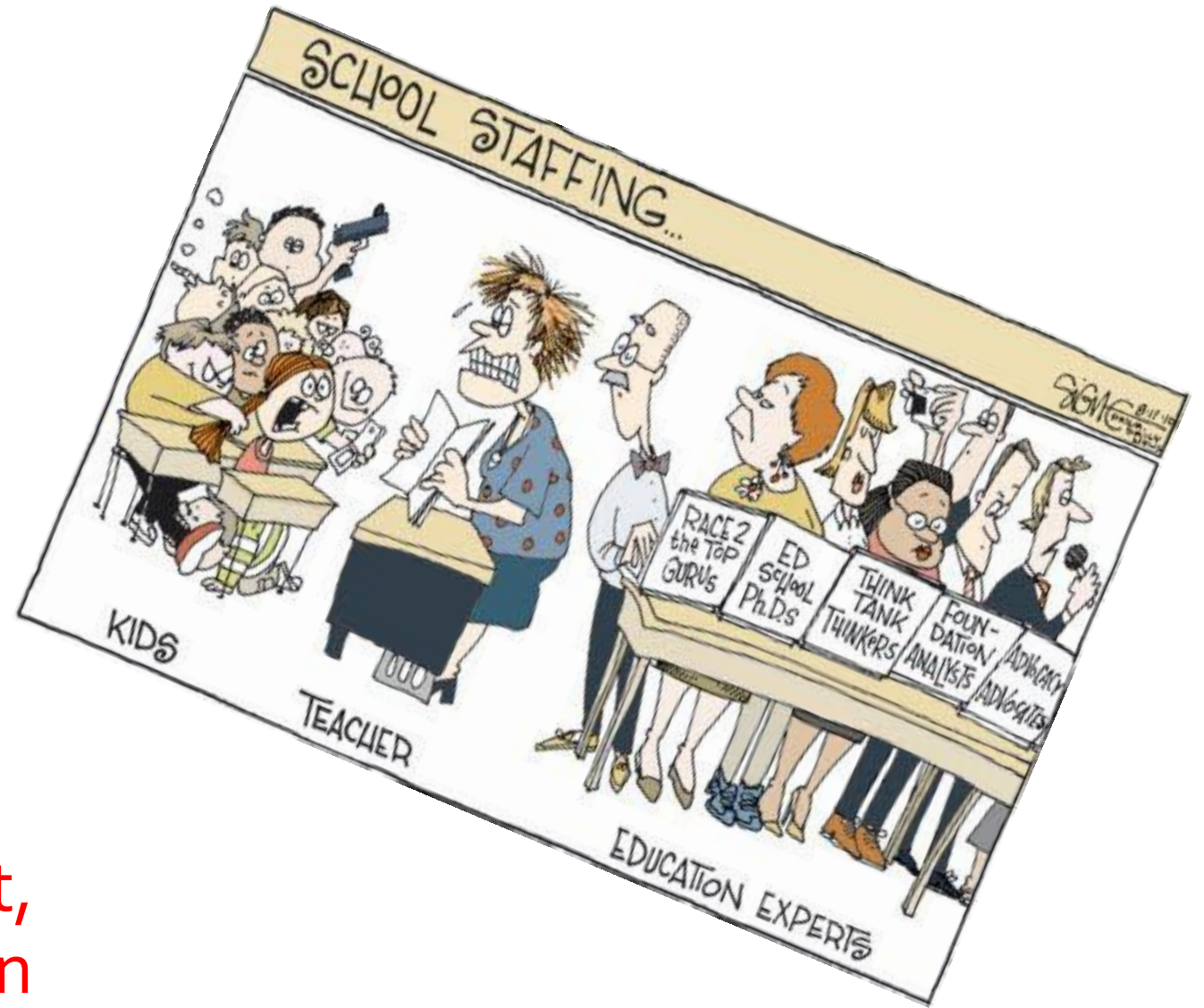
Second  
Step and  
PBIS:  
Better  
Together!

Seriously?

Another curriculum?

When am I supposed to implement this?

Does a para come with the kit, because I am going to need an extra set of hands!



## Problem Behaviors:

Exist in every school.  
Vary in intensity.  
Are associated w/  
variety of contributing  
variables.  
Are concern in every  
community.



**Let's spend a little time  
glorifying the problem**

# The Impact of Behaviors; On Our Schools and on Student Wellbeing

More than 30% of our teachers will leave the profession due to student discipline issues and intolerable behavior of students (Public Agenda, 2004).

Problem behavior can consume more than 50% of teachers' and administrators' time (U.S. Department of Education, 2000).

It is estimated that the number of students being identified as having an Emotional/Behavioral Disorder has doubled in the last 30 years (US Dept. of Ed, 2007).

One in five (20%) of students are in need of some type of mental health service during their school years, yet 70% of these students do not receive services (Surgeon General's Report on Mental Health, 2011)



Exclusion and punishment are ineffective at producing long-term reduction in problem behavior

### Ever Heard These?

- *"Lantana, you skipped 2 school days, so we're going to suspend you for 2 more."*
- *"Phoebe, I'm taking your book away because you obviously aren't ready to learn."*
- *"You want my attention?! I'll show you attention...let's take a walk down to the office & have a little chat with the Principal."*





# School-Wide Systems for Student Success: A Response to Intervention (RtI) Model

What does  
Second Step  
have to do  
with PBIS?

## Academic Systems

## Behavioral Systems

### Tier 3/Tertiary Interventions

1-5%

- Individual students
- Assessment-based
- High intensity

1-5%

### Tier 3/Tertiary Interventions

- Individual students
- Assessment-based
- Intense, durable procedures

### Tier 2/Secondary Interventions

5-15%

- Some students (at-risk)
- High efficiency
- Rapid response
- Small group interventions
- Some individualizing

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### Tier 1/Universal Interventions

80-90%

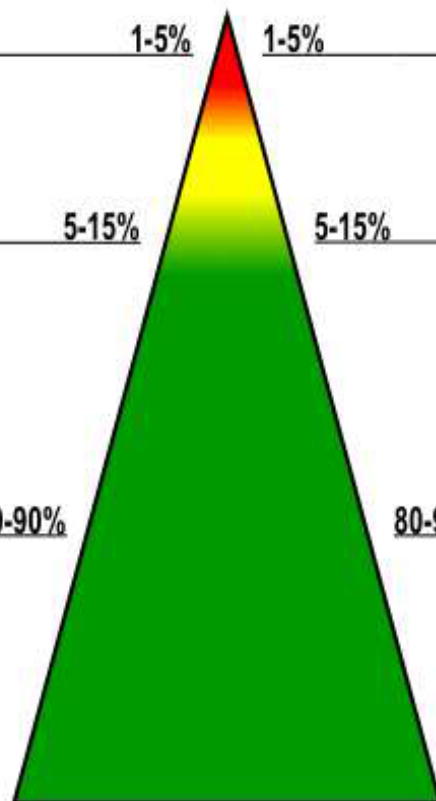
- All students
- Preventive, proactive

80-90%

### Tier 1/Universal Interventions

- All settings, all students
- Preventive, proactive

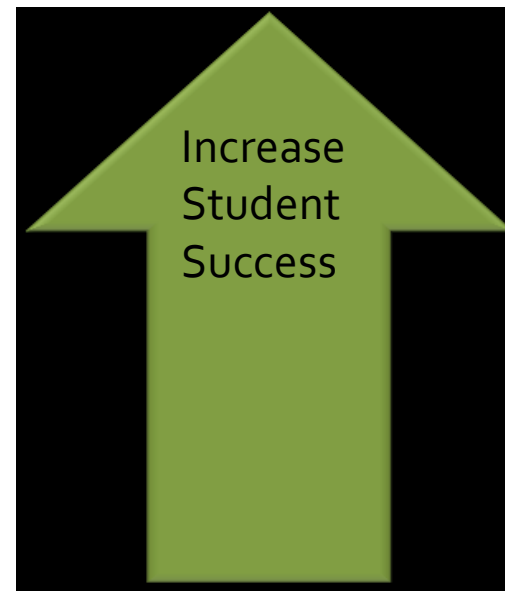
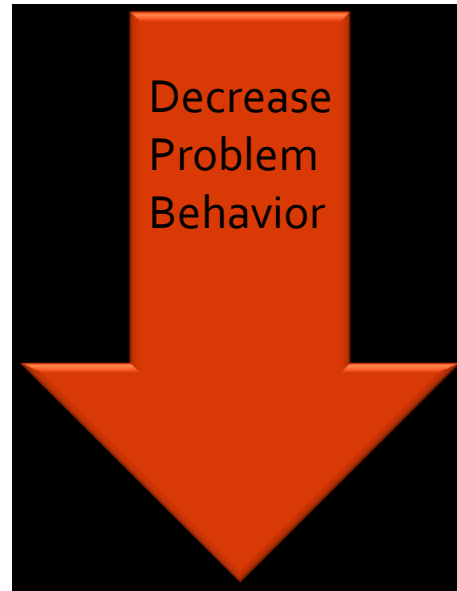
**You  
are  
here!**



Ohio PBS Network. Revised May 15, 2008.  
Adapted from "What is schoolwide PBS?"  
OSEP Technical Assistance Center on Positive  
Behavioral Interventions and Supports.  
Accessed at <http://pbis.org/schoolwide.htm>

The *Second Step* Program is a universal, classroom-based program designed to:

Second Step is a research based universal intervention that is both preventive and proactive.



# Second Step Teaches:

- Unit 1: Skills for Learning
- Unit 2: Empathy
- Unit 3: Emotion Management
- Unit 4: Problem-solving



## Why teach Second Step?



<https://www.youtube.com/watch?v=WWavPce616Q>

## What's in my kit?

- Teaching Materials Journal
- Unit Overview Cards
- Lesson Cards
- Skills for Learning Posters
- CDs and DVDs
- Puppets (lower grades)

# Unit Overview Cards and Lesson Cards

- **UNIT OVERVIEW:** Gives a unit description, brain builders, information on why the unit is important, and lesson overviews.
- **LESSON CARDS:** Lesson cards will tell you exactly what to do on the first day of the unit. The lessons on these cards take approximately 30-40 minutes (once per week).

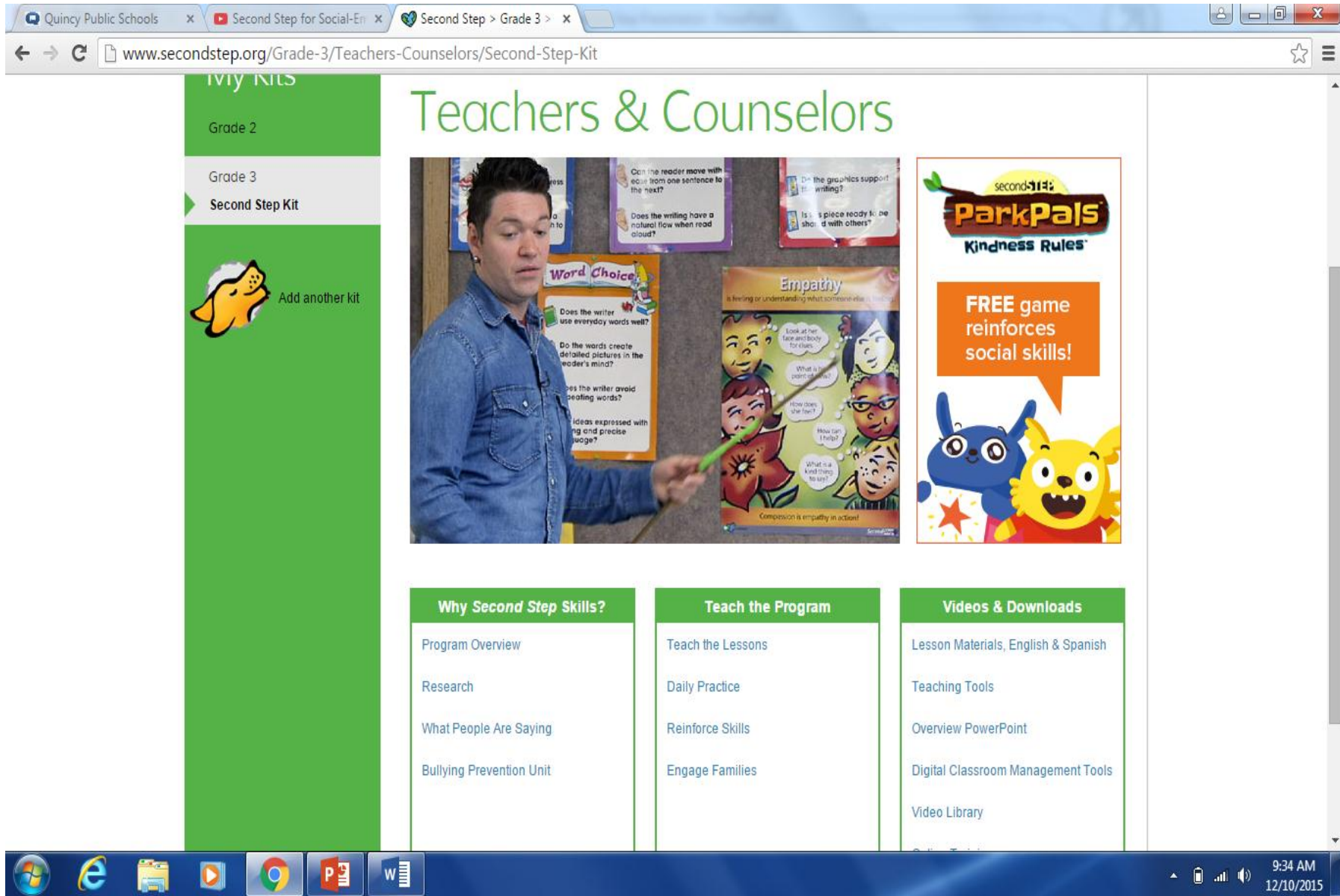
# How do I follow through?

## Sample Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lesson Card: 30-40 Minutes	Brain Builder Game	Skill Check-In: Students monitor when they use a skill throughout the day.	Sing a Second Step Song	Weekly Skill Check: Have students answer a question prompt about the skill or discuss a situation related to the skill.

### What are some other PRACTICAL ways I can follow through?

- Incorporate a writing prompt at the writing center.
- Set classroom goals based on the skills from the unit.
- Choose books for listening center that deal with the skills being taught, have students respond.
- Morning Meetings: Have students discuss how they will use the skills being practiced throughout the day?



# Helpful Online Resources

[www.secondstep.org](http://www.secondstep.org)

\*You will need your Activation Code from your kit the first time you log in.