



Second Step:
6th-8th Grade

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Meeting Norms

On time.

Stay positive.

Stay on task.

Silent phones.

Agenda

- Overview of Second Step
- Implementation Guidelines
- Working together: SEL and PBIS
- Adaptation of Second Step: Alternative Setting

Opening Questions

- What do you know about Second Step?
- How has Second Step been utilized in your building?

What is Second Step?

- Social Emotional Learning Curriculum that is evidence based for Kindergarten – 8th grade.
- Second Step is the chosen SEL curriculum for the Quincy Public School District.

What is Social Emotional Learning?

Social and emotional learning is the process through which children and adults acquire the knowledge, attitudes, and skills to:

- Recognize and manage their emotions
- Set and achieve positive goals
- Demonstrate caring and concern for others
- Establish and maintain positive relationships
- Make responsible decisions
- Handle interpersonal situations effectively

Collaborative for Academic, Social, and Emotional Learning (CASEL) – U of I Chicago --2008

Benefits of Social-Emotional Learning

A new study reveals that students who participate in school-based programs focused on social and emotional learning (SEL) profit in multiple ways. Compared to students who do not experience SEL programming, they improve significantly with respect to:

1. Social and emotional skills
2. Attitudes about themselves, others, and school
3. Social and classroom behavior
4. Conduct problems such as classroom misbehavior and aggression
5. Emotional distress such as stress and depression
6. Achievement test scores and school grades, including an 11-percentile-point gain in academic achievement

Implementation Guidelines

- Classroom based curriculum
- Can be implemented by **ANY** school staff
- Outline with script to follow for each lesson is provided
- Lesson duration: 25 minutes (once/week)
- Academic integration activities (optional)

Working together: SEL and PBIS

- Cyclical schedule
- Are promoting positive behaviors at school, at home, and in the community.
- Are skill based with heavy focus on modeling, teaching expectations, and providing practice opportunities.

Adaptation of Second Step: Alternative Setting

Example Lessons:

- Unit 2, Lesson 6.1: Labels, Stereotypes, & Prejudice
- Unit 2, Lesson 7.2: Bullying in Dating Relationships