



**The Second Step Program Promotes**

- School success
- School connectedness
- Safe and respectful school climate

**By** directly teaching students the skills that strengthen their ability to:

- Learn
- Manage emotions
- Have empathy
- Solve problems

**Skills for Learning**

- Students who can self-regulate are better able to participate in and benefit from classroom instruction.<sup>1,2</sup>
- The program promotes development of students' self-regulation skills. It provides practice through games for Kindergarten–Grade 3 and through instruction in skills for learning across all grades.
- Skills for learning are necessary for having empathy, managing emotions, and solving problems. The skills for learning are woven into all units.

**Empathy**

- Being able to feel or understand what another person is feeling prepares students to manage their own strong emotions and solve interpersonal problems with others.<sup>3–7</sup>
- The program teaches students skills for identifying emotions in themselves and others, labeling these emotions, and taking the perspectives of others.
- These skills are the basis for helpful and socially responsible behavior. Having empathy is also related to academic success.<sup>1,4,7</sup>

**Emotion Management**

- Students who can recognize strong emotions and calm down cope better and are less prone to aggressive behaviors.<sup>8,9</sup>
- The program teaches students proactive strategies that help prevent strong emotions from escalating into negative behaviors.
- Calm students are better able to use other skills, such as problem solving, to help them get along better with others and make good choices.


**Problem Solving**

- Students who can solve interpersonal conflicts with peers are less likely to engage in impulsive or aggressive behaviors.<sup>10–13</sup>
- The program teaches students to use four Problem-Solving Steps after calming down.
- Creating a neutral problem statement, generating safe and respectful solutions, and evaluating the consequences of these solutions steers students toward selecting prosocial solutions.

**The Second Step Program Prevents**

- Problem behaviors
- Antisocial behavior
- Peer rejection
- Low academic achievement
- Impulsivity

**By** developing students':

- Self-regulation skills
  - Social-emotional competencies
  - School connectedness
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