

Dear Family:

We are beginning the third year of *Second Step: A Violence Prevention Curriculum*, a program designed to increase social skills and reduce violence among young people. This program teaches problem solving and other skills needed in getting along with others and resisting peer pressure. We want you to know about the *Second Step* program so that you can continue classroom work at home. This program is divided into five units:

**Unit I: Understanding the Problem** explores the problem of interpersonal conflict among young people.

**Unit II: Training for Empathy** helps students understand other people's feelings and points of view.

**Unit III: Anger Management** guides students in the use of anger-management skills.

**Unit IV: Problem Solving** teaches steps for thinking through a problem.

**Unit V: Applying Skills** provides practice in social skills such as "dealing with put-downs" and "negotiating for what you want."

You will receive more information about *Second Step* skills through your child's homework assignments. We hope you will help your child use these skills at home. Thank you for your support.

Sincerely,