

Second STEP: Information for Parents, Teachers and Principals

What is Second Step?

The Second Step program is an evidence based program, approved by the Australian Government, designed to teach children social and emotional learning skills, including how to understand and manage their emotions, control their reactions, be aware of others' feelings, and have the skills to problem-solve and make responsible decisions.

What is Social and Emotional Learning?

Social and emotional learning (SEL) is how children and adults acquire and apply the knowledge, attitudes, and skills necessary to understand and control emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions.

Research shows that students with strong SEL skills have more coping strategies to manage stressful situations, including peer pressure, bullying and exams such as NAPLAN, HSC and other major exams (see below for research links).

Longer term, research also shows that teaching students SEL skills like perseverance, collaboration and self-control can improve their health, academic achievement, career success and happiness in life.

How is the Second Step Program delivered in school?

SEL skills, like math skills, build on each other and will be imparted in 10 sessions. The sessions will be held in the students' regular classroom, delivered by 2 accredited facilitators from SWC (South West Connect), who are both teachers.

The classroom teacher will also be present at all sessions. This is important because the teacher can make connections between the Second Step program and the curriculum they are currently teaching, along with other social conflicts the class or school have been experiencing. This leads to a more connected and socially inclusive school community.

The Second Step program lessons involve class discussion, small group and partner work, in-class activities, and skill practice. The program contains a wide variety of media, including informational videos, dramatised scenarios, interviews with real students, skill-practice demonstration videos, cartoons, and still photos (Committee for Children, 2018).

Further details:

Please contact South West Connect to discuss the Second Step program or to explore the possibility of having the program delivered in your school.

Phone: 02 9822 9370 (Select option "2" and ask for the Youth Collective Impact Team)

Email: info@swconnect.org.au

Web: swconnect.org.au

Additional background and research on Second Step and SEL

Second Step was developed by the Committee for Children, a global non-profit organisation dedicated to fostering the safety and well-being of children through social emotional learning and development.

<http://www.cfchildren.org/>

The Collaborative for Academic, Social, and Emotional Learning (CASEL) is the world's leading organisation advancing the practice of promoting integrated academic, social, and emotional learning for all children in preschool through high school.

<https://casel.org/>

www.casel.org/what-is-sel/

Positive Pieces is the Australian publisher of the Second Step Program.

<https://www.positivepieces.com.au/>

How Social-Emotional Learning Helps Children Succeed in School, the Workplace, and Life

<http://www.cfchildren.org/wp-content/uploads/mission-vision/what-is-sel/docs/sel-e-book.pdf>

Summary of the Second Step Middle School Review of Research:

http://www.secondstep.org/Portals/0/G6/Research_Alignment/summary_review_research.pdf

Second Step Complete Review of Research:

Grade 6-8

http://www.secondstep.org/Portals/0/G6/Research_Alignment/full_review_research_ms.pdf

Grade K-5:

http://www.secondstep.org/Portals/0/G5/Research_Alignment/K-5_Research_Review.pdf

Second Step Logic Model:

Grade 6-8

http://www.secondstep.org/Portals/0/G6/Research_Alignment/logic_model_ms.pdf

Grade K-5

http://www.secondstep.org/Portals/0/G5/Research_Alignment/K%E2%80%935_Logic_Model.pdf

Trauma-Informed Practices in Schools and how Second Step can support them:

http://www.secondstep.org/Portals/0/G6/Research_Alignment/el-8-trauma-informed-practices-second-step.pdf