

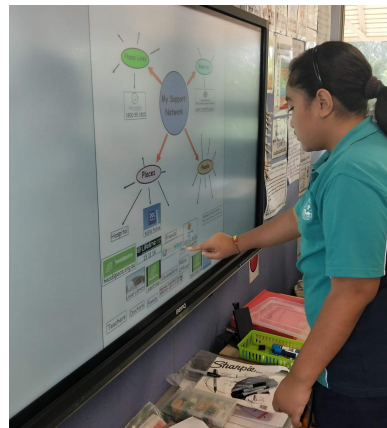
The STEP Up to Success Program



The STEP Up to Success Program is derived from the Second STEP program, an evidence based program approved by the Australian Government. It is 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 DO STUDENTS LEARN IN THE STEP UP TO SUCCESS PROGRAM?

- Skills for success (at school & work)
- Goal setting (explore future pathways)
- Emotion Management & Coping with stress (anxiety, exams, public speaking / performance, sport)
- Assertive communication
- Responsible decision making
- Problem solving & Leadership (conflict resolution)
- Transition to high school (new friends, situations & expectations) & more



PROGRAM BENEFITS

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 etc.)

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.

Please visit casel.org/research for research links.

STUDENTS

- Improved wellbeing
- Improved behaviours
- Improved prosocial skills
- Improved emotional awareness
- Decreased aggression
- Decreased disruptive behaviours
- Positive goal & decision making

TEACHERS

- Improved student engagement
- Improved student autonomy
- Improved relationships & communication with students
- Easy to implement strategies
- Students solve their own small problems

WHOLE COHORT

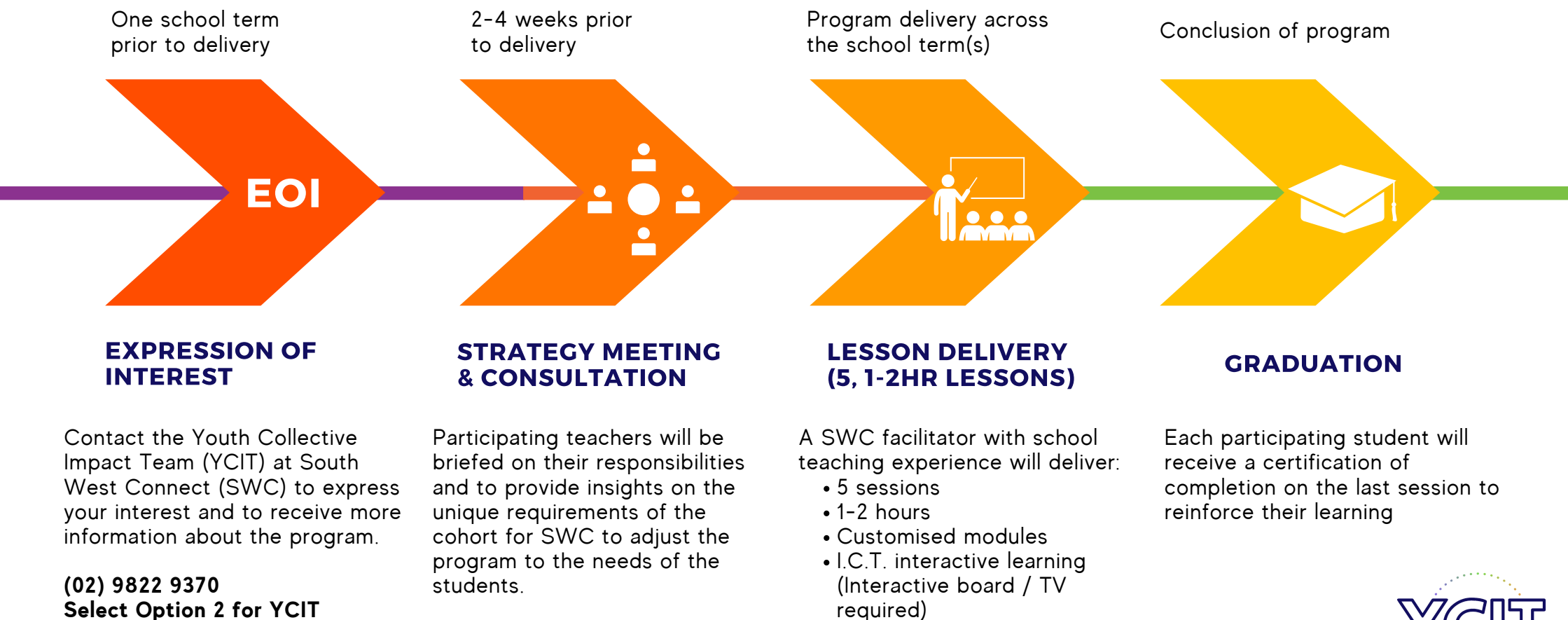
- A safe, positive and inclusive learning environment
- Decreased bullying



What does the program involve?

S  **COND**
ST  **P**

PROGRAM PROCESS & PROGRAM DELIVERY



THE STEP UP TO SUCCESS PROGRAM IS ADJUSTED BY SOUTH WEST CONNECT TO MEET THE NEEDS OF THE COHORT

For more info about our programs, please visit www.swconnect.org.au