The STEP Up to Success Program

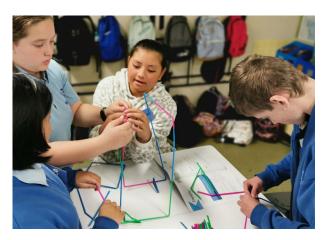




The STEP Up to Success Program is derived from the Second STEP program, an evidence based program approved by the Australian Government. It is designed to teach children social and emotional learning skills, including how to understand and manage their emotions, control their reactions, be aware of others' 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?



PROGRAM PROCESS & PROGRAM DELIVERY

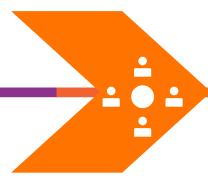
One school term prior to delivery



EXPRESSION OF INTEREST

Contact the Youth Collective Impact Team (YCIT) at South West Connect (SWC) to express your interest and to receive more information about the program.

(02) 9822 9370 Select Option 2 for YCIT 2-4 weeks prior to delivery



STRATEGY MEETING & CONSULTATION

Participating teachers will be briefed on their responsibilities and to provide insights on the unique requirements of the cohort for SWC to adjust the program to the needs of the students.

Program delivery across the school term(s)



LESSON DELIVERY (5, 1-2HR LESSONS)

A SWC facilitator with school teaching experience will deliver:

- 5 sessions
- 1-2 hours
- Customised modules
- I.C.T. interactive learning (Interactive board / TV required)

Conclusion of program



GRADUATION

Each participating student will receive a certification of completion on the last session to reinforce their learning



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