Second Step Social-Emotional Learning (Second Step SEL)

TARGET AUDIENCE
This program is for youth in preschool through middle school.

SUMMARY
Second Step® Social-Emotional Learning (Second Step SEL), a universal, school-based prevention program, consists of three, age-determined levels (i.e., Early Learning, Elementary, and Middle School) and is designed to teach various social-emotional skills, which can help to decrease problem behaviors and promote academic success among students.

EVIDENCE
Results of a 3-year randomized controlled trial of the Middle School program demonstrated no direct program effects by year three. There was an indirect effect, mediated through decreases in delinquency, on bullying, cyber-bullying, and homophobic name-calling perpetration. In a sample of students with disabilities, there was a significant decrease in bullying perpetration across the 3-year period. There have been no evaluations of the Early Learning program, and the only evaluation of the newest version of the Elementary program implemented Second Step in combination with proactive classroom management.

COMPONENTS
The Second Step SEL program content focuses on increasing social and emotional competence; strengthening self-regulation, problem-solving, and decision-making skills; reducing impulsive and aggressive behavior; and promoting academic success. The curriculum supports state academic learning standards and includes lessons that build on one another. Program content is delivered through a variety of methods, including DVDs, CDs, direct instruction, group discussions, hands-on activities, and role-play. Lesson topics include the following:

Early Learning
- Skills for Learning;
- Empathy;
- Emotion Management;
- Friendship Skills and Problem Solving; and
- Transitioning to Kindergarten.

Elementary
- Skills for Learning;
- Empathy;
- Emotion Management; and
- Problem Solving.

Middle School
- Empathy and Communication;
- Bullying Prevention;
- Emotion Management;
- Problem Solving; and
- Substance Abuse Prevention.

PREVIOUS USE
Second Step has been implemented in over 25,000 schools with more than 9 million children in the United States and in other countries since 1987.
Second Step Social-Emotional Learning (Second Step SEL)

TRAINING

Training materials are included in program kits and are available online after registration is complete. Please see the developer's website listed in the Contact section for information.

CONSIDERATIONS

Considerations for implementing this program include acquiring administration and teacher buy-in, understanding program kits will need to be purchased, and finding time in the regular classroom curriculum to implement Second Step lessons and activities.

The Clearinghouse can help address these considerations. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

IMPLEMENTATION

If you are interested in implementing Second Step SEL, the Clearinghouse is interested in helping you!

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Time commitment varies by grade level. Lessons can be taught daily or weekly. Daily activities are 5 to 10 minutes and require little to no preparation time. Weekly lessons are 20 to 50 minutes.

Kits are sold separately for each grade level and as bundles and include all materials necessary to implement the program. Kits include posters, puppets, DVDs, CDs, student handouts, family letters, and take-home activities. Individual kits range from $389 to $439, and bundles range from $1,179 to $2,259. Please visit the developer website in the Contact section for cost information on additional materials.

EVALUATION PLAN

To move the Second Step SEL program to the Effective category on the Clearinghouse Continuum of Evidence at least one external evaluation of the newest version of the program, when not combined with another treatment, must be conducted that demonstrates sustained, positive outcomes. This study must be conducted independently of the program developer.

The Clearinghouse can help you develop an evaluation plan to ensure the program components are meeting your goals. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

CONTACT

Contact the Clearinghouse with any questions regarding this program.
Phone: 1-877-382-9185 Email: Clearinghouse@psu.edu

You may also contact Committee for Children by mail 2815 Second Avenue, Suite 400, Seattle, WA 98121, phone 1-800-634-4449, fax 1-206-438-6765, email clientsupport@cfchildren.org, or visit www.cfchildren.org/about-us/contact-us

SOURCE

www.cfchildren.org/second-step

www.militaryfamilies.psu.edu

Promising

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