




What Is Second Step® Middle School?

Second Step Middle School is a research-based social-emotional learning (SEL) program designed to improve students' social-emotional skills, such as **emotion management**, **impulse control**, **problem solving**, and **empathy**.

Studies show that these skills can help improve academic performance, reduce negative social behaviors like bullying, and create positive classroom and school climates.


- Emotion management**
- Impulse control**
- Problem solving**
- Empathy**

How do students and schools benefit from SEL?



PROMOTE

- Social-emotional skills
- Prosocial behavior
- Academic achievement



PREVENT

- Conduct problems
- Aggressive behavior
- Emotional distress

Do the benefits of SEL last beyond school?

Yes. SEL is helping instill crucial workplace skills in the next generation of employees.

WORKFORCE READINESS SKILLS

- Complex problem solving
- Coordinating with others
- Service orientation
- Critical thinking
- Emotional intelligence
- Negotiation
- Creativity
- Judgment and decision-making
- Cognitive flexibility
- People management



Visit [ParenTeenConnect.org](https://www.ParenTeenConnect.org) for expert advice on hot-button topics for teens and the adults in their lives.

