

## **What is Second Step?**

Second Step provides an extra dimension to education, focusing on improving cooperation, communication, and decision making. Second Step is a research based social-emotional program used by Mount Horeb Middle School designed to improve students' social-emotional skills. Second Step provides an extra dimension to education, focusing on improving cooperation, communication, and decision making. In a world where emotional intelligence is critical for lifelong happiness, successful careers, and healthier relationships, SEL gives students a framework for developing these skills.

## **Benefits of SEL**

Decades of research show the positive effects of universal, classroom-based SEL programs for children. There has also been broad recognition that benefits are even greater when children experience SEL throughout their day, across home, school, and out-of-school time environments, and throughout developmental stages. When implemented holistically, with a coordinated, community-wide approach, SEL can build stronger communities and support inclusive, equitable learning.

Becoming a successful learner isn't just about academics. Second Step offers a social-emotional learning curriculum that supports the whole child. It teaches skills for resolving conflicts, working with others, forming healthy relationships, and making good decisions—so students can be more successful emotionally, socially, and academically.

Socially-emotionally competent students have more positive attitudes toward themselves and others, show more positive social behaviors in school, and have fewer conduct problems.<sup>1</sup> This results in greater school connectedness,<sup>2</sup> which helps keep students safe and out of trouble.