What Is Second Step® Elementary?

Second Step® Elementary is a research-based social-emotional learning (SEL) program designed to improve students’ social-emotional skills, including growth mindset, goal-setting, emotion management, kindness and empathy, and problem-solving.

Studies show that these skills can support students’ school performance, increase positive social behaviors, and reduce conduct problems such as bullying. SEL programs can also create positive classroom and school climates.

Second Step Elementary is taught in the classroom, to all students, and helps students develop a common set of skills and strategies that can be practiced, used, and reinforced throughout the school community, including at home.

How do students and schools benefit from SEL?

**PROMOTE**
- Academic success
- School connectedness
- A safe and respectful school climate

**PREVENT**
- Problem behaviors
- Antisocial behaviors
- Peer rejection
- Impulsivity
- Low academic achievement