




# 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

<ul style="list-style-type: none"> <li>• Complex problem solving</li> <li>• Critical thinking</li> <li>• Creativity</li> <li>• People management</li> </ul>	<ul style="list-style-type: none"> <li>• Coordinating with others</li> <li>• Emotional intelligence</li> <li>• Judgment and decision-making</li> </ul>	<ul style="list-style-type: none"> <li>• Service orientation</li> <li>• Negotiation</li> <li>• Cognitive flexibility</li> </ul>
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Visit [ParentTeenConnect.org](https://ParentTeenConnect.org) for expert advice on hot-button topics for teens and the adults in their lives.

