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.

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

Visit ParentTeenConnect.org for expert advice on hot-button topics for teens and the adults in their lives.