



**ALIGNMENT CHART
 CASEL CORE SEL COMPETENCIES**

Second Step® Middle School

This diagram illustrates how elements in Second Step® Middle School align with the Collaborative for Academic, Social, and Emotional Learning (CASEL) core social-emotional learning (SEL) competencies. All CASEL core competencies are addressed and woven throughout the units and elements of Second Step Middle School to fully support students' well-being.

Self-Management

- Mindsets & Goals
- Thoughts, Emotions & Decisions
- Managing Relationships & Social Conflict
- Advisory Activities

Social Awareness

- Recognizing Bullying & Harassment
- Managing Relationships & Social Conflict
- Advisory Activities

Relationship Skills

- Managing Relationships & Social Conflict
- Advisory Activities



Self-Awareness

- Mindsets & Goals
- Recognizing Bullying & Harassment
- Thoughts, Emotions & Decisions
- Managing Relationships & Social Conflict
- Advisory Activities

Responsible Decision-Making

- Mindsets & Goals
- Recognizing Bullying & Harassment
- Thoughts, Emotions & Decisions
- Managing Relationships & Social Conflict
- Advisory Activities

What Is CASEL?

CASEL is the nation's leading organization advancing the development of academic, social, and emotional competence for all students. Its mission is to help make evidence-based SEL an integral part of education from preschool through high school. To that end, CASEL has identified five interrelated SEL core competencies: self-management, self-awareness, social awareness, relationship skills, and responsible decision-making.

What Is Second Step® Middle School?

Second Step Middle School is a universal, classroom-based program designed to increase students' school success by promoting social-emotional competence. The research-based program helps early adolescents cope with challenges, create positive relationships, and develop the critical thinking skills they need to succeed socially and academically. Lessons equip students with the mindsets,

What Is Second Step® Middle School? (continued)

knowledge, and skills to handle strong emotions, make and follow through on good decisions, and show empathy and respect for others.

Committee for Children, the maker of Second Step® programs, believes SEL can help children and adults navigate differences, appreciate one another's perspectives, and act with empathy and compassion in their day-to-day lives. Committee for Children also believes SEL can be leveraged to speak to children's cultural assets, help educators examine their policies and practices through an equity lens, and elevate the voices of those who have historically been silenced. Accordingly, Second Step Middle School works in various ways to achieve what CASEL has termed "transformative SEL": SEL that builds relationships, values differences, and addresses systemic inequities and community issues.

Student voice is elevated throughout Second Step Middle School lessons in the following ways:

- Activities that support autonomy and provide students with meaningful choices
- Real-world application of content to students' lives
- Opportunities for students to share their knowledge, ideas, opinions, and diverse experiences

To support students' identity development, Second Step Middle School provides opportunities to:

- Identify their personal strengths and interests
- Explore values
- Discuss unique aspects of their identity
- Honor and understand others' differences based on their varied personal experiences
- Share aspects of their personal, familial, and cultural experiences

Second Step Middle School supports teachers in creating a positive classroom climate and supports students' **sense of school connectedness and belonging** by helping students feel accepted, known, and valued through community-building classroom interactions. These interactions are prompted by lessons as well as by optional Class Meetings and Class Challenges. They help teachers capitalize on students' varied strengths, learn more about their students' lives, demonstrate caring and respect, validate students' experiences, support peer collaboration, and honor students' identities outside the classroom. Efforts to increase a sense of community are reinforced by content throughout the program that requires students to:

- Recognize negative behaviors (such as bullying and harassment) that threaten the safety of their school community, and consider their role in creating a safer community
- Analyze their school community and advocate for positive changes
- Consider varied perspectives in conflicts and propose solutions that meet the needs of everyone involved

How Does Second Step® Middle School Develop CASEL Core SEL Competencies?

The following table outlines key skills developed through various Second Step Middle School elements.

Second Step® Middle School Element	Key Skills Developed	CASEL Core SEL Competencies
Mindsets & Goals Unit	<ul style="list-style-type: none"> • Understanding that the brain can grow and change • Setting and monitoring goals • Planning ahead for difficult situations • Developing strengths and interests 	<ul style="list-style-type: none"> • Responsible Decision-Making • Self-Awareness • Self-Management
Recognizing Bullying & Harassment Unit	<ul style="list-style-type: none"> • Recognizing bullying and harassment • Standing up safely to bullying • Responding appropriately to harassment 	<ul style="list-style-type: none"> • Relationship Skills • Responsible Decision-Making • Self-Awareness • Social Awareness
Thoughts, Emotions & Decisions Unit	<ul style="list-style-type: none"> • Handling unhelpful thoughts and strong emotions • Using strategies to calm down 	<ul style="list-style-type: none"> • Responsible Decision-Making • Self-Awareness • Self-Management
Managing Relationships & Social Conflict Unit	<ul style="list-style-type: none"> • Recognizing different perspectives • Recognizing and avoiding serious conflicts • Resolving serious conflicts 	<ul style="list-style-type: none"> • Relationship Skills • Responsible Decision-Making • Self-Awareness • Self-Management • Social Awareness
Advisory Activities (Optional)	<ul style="list-style-type: none"> • Practicing social-emotional skills with nearly 200 activities (scripted Class Meetings, Class Challenges, and Service-Learning Projects) 	<ul style="list-style-type: none"> • Relationship Skills • Responsible Decision-Making • Self-Awareness • Self-Management • Social Awareness