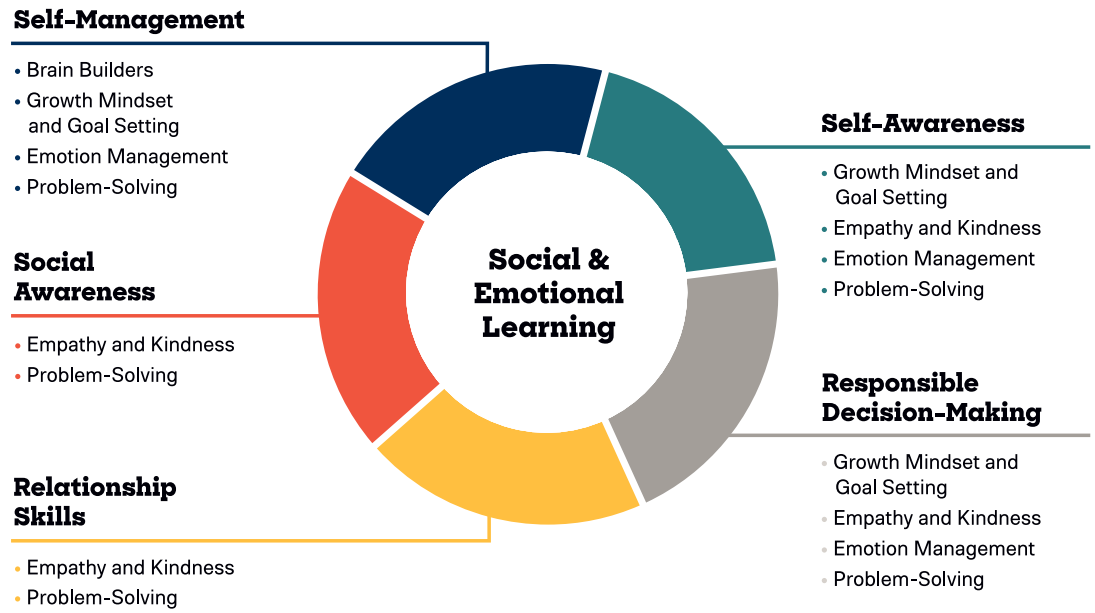


**ALIGNMENT CHART  
 CASEL CORE SEL COMPETENCIES**

**Second Step® Elementary  
 Digital Program**

This diagram illustrates how elements in the Second Step® Elementary digital program align with the Collaborative for Academic, Social, and Emotional Learning (CASEL) core social-emotional learning (SEL) competencies. The SEL competencies are woven throughout the Second

Step Elementary digital program, as shown by the overlap between SEL competencies and elements of the Second Step® program in the diagram below. For example, the Responsible Decision-Making competency is addressed in each unit of the Second Step Elementary digital program.



**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 social-emotional learning 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 the Second Step® Elementary Digital Program?

The research-based Second Step® Elementary digital program is a universal, classroom-based program designed to increase students' school success and decrease problem behaviors by promoting social-emotional competence. It helps elementary school students focus on learning, cope with challenges, and develop prosocial behaviors (behaviors intended to help others). Lessons equip students with the mindset, knowledge, and skills to handle strong emotions, set goals, solve problems, and create strong friendships.

At Committee for Children, we believe SEL can help us navigate differences, appreciate one another's perspectives, and act with empathy and compassion in our day-to-day lives. We also believe SEL can be leveraged to speak to children's cultural assets, help educators examine their policies and practices through an equity lens, and bring in the voices of those who have historically not been heard. Accordingly, our new Second Step Elementary digital program specifically addresses core tenets of CASEL's equity lens on SEL work.

### **Student voice is elevated throughout the lessons in the following ways:**

- Soliciting student ideas and opinions
- Providing choices
- Connecting content to students' real-life experiences
- Providing opportunities for students to share their knowledge and diverse experiences

### **To prepare students for identity development in adolescence, the Second Step Elementary digital program provides opportunities:**

- To discuss personal strengths
- For students to honor and understand others' differences based on their varied personal experiences
- For students to share aspects of their personal, familial, and cultural experiences

The new Second Step Elementary digital program supports teachers in creating a positive classroom climate and supports students' sense of **school connectedness and belonging** by making students feel accepted, known, and valued through community-building classroom interactions. These interactions 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. These efforts to **increase a sense of community** are reinforced by content throughout the program that requires students to:

- Consider the collective as well as the individual
- Set community goals
- Identify and analyze how individuals use empathy to make their community better
- Identify community-level problems and whether solutions meet all members' varied needs

## How Does the Second Step® Elementary Digital Program Develop Core SEL Competencies?

The following table outlines key skills developed through various Second Step® Elementary digital program elements.

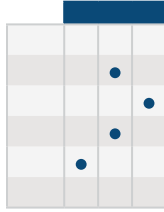
Second Step® Program Element	Key Skill(s) Developed	CASEL Core SEL Competencies
Brain Builders	<ul style="list-style-type: none"> <li>• Executive-function skills</li> </ul>	<ul style="list-style-type: none"> <li>• Self-Management</li> </ul>
Growth Mindset and Goal Setting	<ul style="list-style-type: none"> <li>• Focus attention</li> <li>• Ignore distractions</li> <li>• Persevere through challenges</li> <li>• Understand that the brain can grow and change</li> <li>• Improve skills through practice and effort</li> <li>• Set goals and make plans to reach a goal</li> </ul>	<ul style="list-style-type: none"> <li>• Self-Management</li> <li>• Self-Awareness</li> <li>• Responsible Decision-Making</li> </ul>
Emotion Management	<ul style="list-style-type: none"> <li>• Identify and understand one's own emotions</li> <li>• Recognize and identify emotions in others</li> <li>• Recognize strong emotions</li> <li>• Manage strong emotions by using strategies to feel calm</li> </ul>	<ul style="list-style-type: none"> <li>• Self-Management</li> <li>• Self-Awareness</li> <li>• Responsible Decision-Making</li> </ul>
Empathy and Kindness	<ul style="list-style-type: none"> <li>• Recognize kindness and act kindly toward others</li> <li>• Develop empathy for others</li> <li>• Take others' perspectives</li> <li>• Act with empathy</li> </ul>	<ul style="list-style-type: none"> <li>• Responsible Decision-Making</li> <li>• Relationship Skills</li> <li>• Social Awareness</li> </ul>
Problem-Solving	<ul style="list-style-type: none"> <li>• Manage strong emotions to feel calm before solving problems</li> <li>• Describe the problem</li> <li>• Identify the wants and needs of those involved</li> <li>• Think of many solutions</li> <li>• Explore the outcomes of the solutions</li> <li>• Pick the best solution</li> </ul>	<ul style="list-style-type: none"> <li>• Self-Management</li> <li>• Self-Awareness</li> <li>• Social Awareness</li> <li>• Responsible Decision-Making</li> <li>• Relationship Skills</li> </ul>

Second Step® programs are rooted in SEL and help transform schools into supportive, successful learning environments uniquely equipped to help students thrive.

By offering research-based Second Step programs for Early Learning through Grade 8 in combination with our Second Step® Bullying Prevention Unit and Second Step® Child Protection Unit, we've formed an integrated,

comprehensive program that makes a difference. It's a difference you can feel the moment you open the doors to a Second Step school—a sense of safety and respect grounded in the social-emotional health and well-being of the entire school community.

Learn more at **SecondStep.org** or call us at **1-800-634-4449, ext. 1.**



**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**

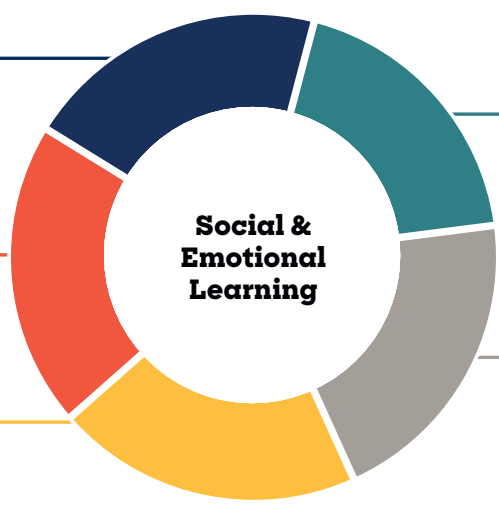
- Mindsets & Goals
- Thoughts, Emotions & Decisions
- Managing Relationships & Social Conflict
- Advisory Activities

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