

# Second Step Program

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STM Catholic School implemented the *Second Step* program in September of 2014 after a community need for better communication and acceptance of others was identified.

*Second Step* is a social-emotional learning program that introduces a set of essential skills that deals with bullying and other socially challenging scenarios. It also allows parents to become actively involved in the learning process and opens up the lines of communications.

The five core competencies are:

- Self-awareness (such as emotion recognition)
- Self-management (such as emotion management and impulse control)
- Social awareness (such as empathy)
- Relationship skills (such as communication and assertiveness)
- Responsible decision-making (such as problem solving)

*Second Step* is designed to help students:

- Recognize emotions in oneself and others
- Manage strong emotions
- Have empathy for others
- Control impulses
- Communicate clearly and assertively
- Maintain cooperative relationships
- Make responsible decisions
- Solve problems effectively

In grades K-4 the program is taught by Mrs. Poniatowski, school counselor. In grade 5 students receive instruction during one of their Block times. And in grades 6-8 it is taught during Religion.

How is it taught?

- The teacher explains a concept with words, pictures, video and/or audio.
- Students practice the concept with skill practice, group discussion, individual writing or partner work.
- Classroom teachers continue reinforcing the concept throughout the week.
- Classroom teachers consistently send home information for students to work on with parents.
- Classroom teachers check for understanding & re-teach where necessary.

