



# 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

- 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](https://ParentTeenConnect.org) for expert advice on hot-button topics for teens and the adults in their lives.





## How do I prepare for Second Step Middle School lessons?

You know your students better than we do. Modify lessons to fit your students' needs and maturity levels. Use relevant stories and scenarios that are appropriate for your school community.

### To prepare for each unit:

(5–7 minutes)

- Watch the Unit Quick Start Guide at the beginning of each new unit for helpful teaching tips, needed context, and support throughout the school year.

### To prepare for teaching each lesson:

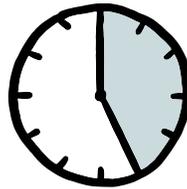
(~5–10 minutes)

- Print and read the lesson plan
- Preview the lesson screens and videos
- Print a class set of the student handouts

## What do I need to know about Second Step Middle School?



26–27 lessons per grade



Lessons last 25 minutes each



Each web-based lesson has a ready-to-use lesson plan with teacher scripts, plus a student handout

Unit	Unit Topics	Lessons Per Grade
1	Mindsets & Goals	7
2	Recognizing Bullying & Harassment	6
3	Thoughts, Emotions, & Decisions	6
4	Managing Relationships & Social Conflict	7 (Grade 8 has an additional lesson)