

**Social and Emotional Learning** provides age-appropriate, research-based violence prevention material that supports teachers, classrooms, and students by promoting the healthy social development and coping skills children need to thrive.

# CaPa

Child Abuse Prevention Association



## FOR MORE INFO:

Lexi Wright, MA, PLPC, NCC  
Community Education Manager  
(816) 601-0550 x 206  
awright@capacares.org

Education Program Partners:



**SECOND STEP<sup>®</sup>**  
**SOCIAL &**  
**EMOTIONAL**  
**LEARNING (SEL)**

Kindergarten - Fifth Grade





Helping kids  
develop skills to  
foster *resilience*  
and *strengthen*  
communities.

## BACKED BY *research*

SEL encourages positive youth development, leading to greater positive social behavior and academic success, and reduced conduct problems, emotional distress, and drug use.<sup>1</sup>

<sup>1</sup> Taylor, Oberle, Durlak, & Weissberg, *Promoting Positive Youth Development*, 1156-71.



## Unit 1: Growth Mindset & Goal Setting

## Unit 2: Emotion Management

## Unit 3: Empathy & Kindness

## Unit 4: Problem Solving

Each unit contains four 20- to 30-minute sessions and one smaller lesson, offered weekly over a period of 20 weeks.

Accompanying learning sessions for sixth-eighth grade students and adults/teachers are also available.