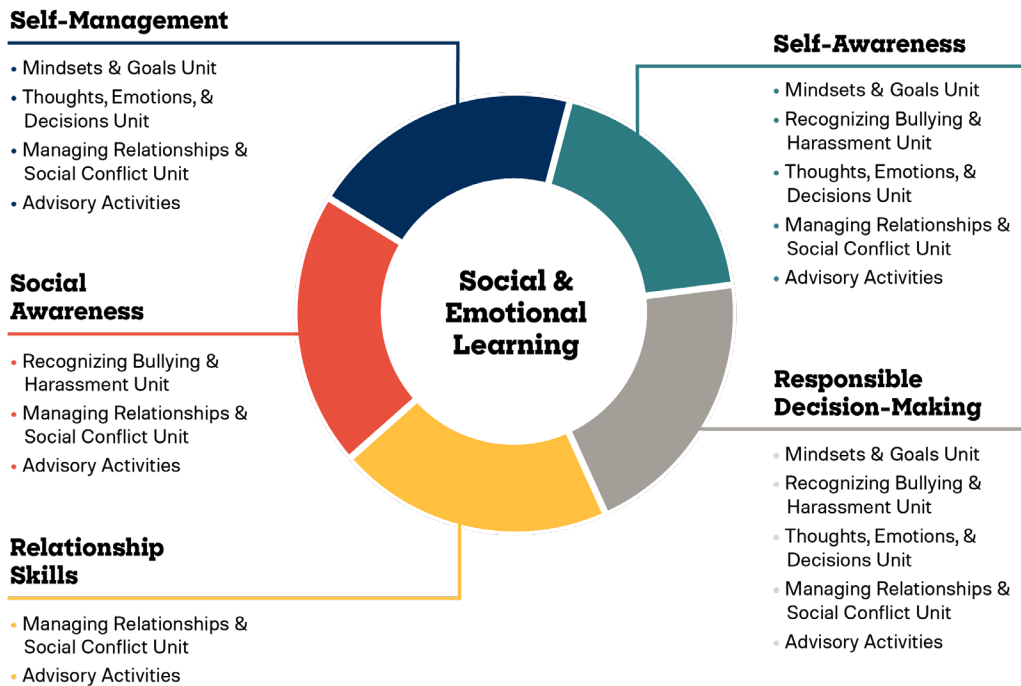


**ALIGNMENT CHART:
 CASEL Core SEL Competencies**

**Second Step Social-Emotional Learning
 for Middle School**

This diagram illustrates how program elements in the Second Step Middle School Program align with CASEL's core social-emotional learning (SEL) competencies. The SEL competencies are woven throughout the Second Step

Middle School Program—as shown by the overlap between SEL competencies and elements of the Second Step program. For example, the Responsible Decision-Making competency is addressed in each element of the Second Step program.



What Is CASEL?

The Collaborative for Academic, Social, and Emotional Learning (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 Program?

The research-based Second Step Middle School Program is a universal, classroom-based program designed to increase students' school success and decrease problem behaviors by promoting social-emotional competence. It helps early adolescent students cope with challenges, create positive relationships, and succeed both socially and academically. Lessons equip students with the mindsets, knowledge, and skills to handle strong emotions, make and follow through on good decisions, and create strong friendships while avoiding or de-escalating peer conflicts.

How Does the Second Step Middle School Program Develop Core SEL Competencies?

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

Second Step Middle School Program Element	Key Skill(s) 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



Second Step, a program rooted in SEL, helps transform schools into supportive, successful learning environments uniquely equipped to help children thrive.

By offering Second Step's research-based SEL curriculum for Early Learning through Grade 8 in combination with our Bullying Prevention and Child Protection Units, 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.