



**Second Step** is an award-winning school based violence prevention program that integrates social and emotional learning with academics for middle school students. The program identifies and intervenes on a range of behaviors all known precursors to more aggressive and violent behaviors. It is designed to reduce impulsive and aggressive behavior and increase the ability to get *along* with others by teaching and practicing vital social skills, such as:

- ◆ empathy
- ◆ emotion management
- ◆ problem solving
- ◆ cooperation

These essential life skills help students in the classroom, on the playground, and at home. Educators report reductions in discipline referrals, improvement in their school climate, heightened feelings of inclusiveness and respect, and an increase in the sense of confidence and responsibility in their students.

#### What risk factors are addressed?

- ◆ Inappropriate classroom behavior
- ◆ Antisocial behavior
- ◆ Favorable attitudes toward violence and/or substance abuse
- ◆ Impulsive and aggressive reactions to anger such as bullying, threats and name calling

#### What are Second Step Goals?

- ◆ Improve social and communication skills
- ◆ reduced impulsive and aggressive behavior
- ◆ Increase school connectedness

#### When and where are classes held?

- ◆ Second Step facilitators meet with classes of middle school students once a week for a semester.
- ◆ Santa Fe Youth Services provides Second Step curriculum to more than 4,500 students annually in approximately 20 different schools and 5 school districts.



**For More information Contact:**  
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