

Second Step®

The Training: This one day training will enable participants to teach the *Second Step* program effectively and strengthen their social-skills teaching strategies. In addition, participants will learn how to implement the curricula.

Program objectives: Participants will be able to:

- understand what it means to use a social skills approach to youth violence prevention;
- obtain a solid grasp of the *Second Step* curriculum;
- prepare to use the *Second Step* curriculum with students.

Content that will be taught: *Second Step*, a violence prevention/social skills curriculum for Preschool through Grade 9, teaches skills to reduce impulsive and aggressive behavior in children and increase their level of social competence. The guiding theory of the *Second Step* program is to teach children skills in three general areas. Each unit covers one of these areas.

First, children learn the **empathy skills** needed to identify emotions and to recognize possible causes of emotions that occur in their interactions with others.

Then they learn to **respond to social interactions** thoughtfully rather than impulsively. To do this, they learn problem-solving steps that promote a neutral rather than hostile orientation toward peers.

Finally, they learn how to constructively **manage their own anger** and other intense emotions.

If you would like more information on having school staff trained in *Second Step* curriculum, please contact one of the following:

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If you would like to preview *Second Step*, please contact Jeanne Pufahl-Ward (884-3524 or jeanne@humanserviceagency.org) to check it out from the NEPRC library.