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 jeannew@humanserviceagency.org) to check it out from the NEPRC library.