What is Second Step?

Second step is a universal, classroom-based program designed to:

- Increase student's school success
- Decrease problem behaviors
- Promote social-emotional competence and self-regulation

Second step teaches skills that strengthen students' ability to learn, have empathy, manage emotions and solve problems.
It also teaches core social-emotional and self regulation skills using engaging, teacher-friendly materials.
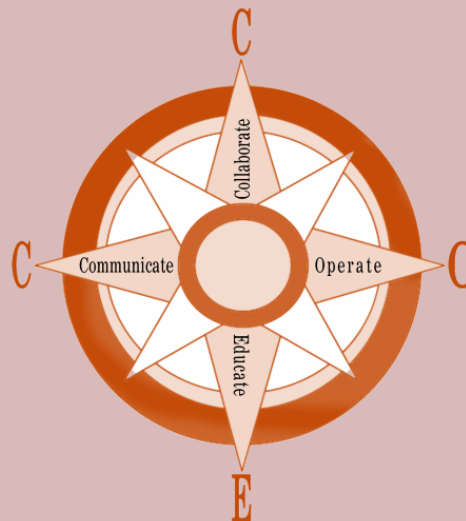
For more information about the Second Step Program, contact:

Estefania Guillen Aceves
Prevention Services Supervisor
(530) 473-1350 ext. 10305
eaceves@ccoe.net

C

Collaborate

C Communicate   Operate O

Educate

E

499 Margurite Street, Suite C
Wiliams, CA 95987

www.ccoe.net

Second Step Program

Colusa County
Office of Education
Prevention Services

Four Core Program Elements

To help students effectively learn and apply these skills, child aides implement the four core program elements: teaching the lessons, doing short daily activities to practice skills, reinforcing skills every day, and involving families.

Teaching the lessons
The lessons are developmental and sequential within each grade level and across the grades. Skills and concepts are also developed sequentially across all grade levels.

Daily Activities to Practice Skills
The Daily Practice activities give students additional practice with lesson skills and concepts throughout the week the lesson is taught.
Daily practice contributes greatly to students' acquisition of Second Step skills and concepts.

Reinforcing Skills Everyday
Reinforce program skills and concepts using the suggestions found in the Using Skills Every Day section on the Following Through cards and unit cards. Specific examples of how to reinforce skills and concepts can be found during daily activities and interactions with students.

Involving Families
Sending "Home Links" to families is a way to reinforce skills and concepts while also connecting with students' families and caregivers.
Home Links are also useful for checking students' understanding and acquisition of the skills as they practice them in a non-school setting.

REASONS FOR THE PROGRAM

Three reasons to use the Second Step Program are:

- It's based on research that connects the development of social-emotional competence and self-regulation skills to success in school and life.
- It will help students develop skills for social and academic success.
- It will help improve classroom behavior.