WHAT SKILL AREAS ARE TAUGHT IN THE SECOND STEP CURRICULUM?

Each grade level of the Second Step program is divided into units. The number and focus of units varies according to developmental level. Each unit builds on the concepts and skills taught in previous units.

PRESCHOOL/KINDERGARTEN

Unit I: Empathy Training
Unit II: Emotion Management
Unit III: Problem Solving

Lesson format:
- Photo-lesson cards
- Puppets and song CD (Pre/K)
- Classroom posters

GRADERS 1–5

Unit I: Empathy Training
Unit II: Impulse Control and Problem Solving
Unit III: Anger Management

Lesson format:
- Photo-lesson cards
- Classroom videos (1–5)
- Classroom posters

MIDDLE SCHOOL

Unit I: Understanding the Problem
Unit II: Training for Empathy
Unit III: Anger Management
Unit IV: Problem Solving
Unit V: Applying Skills

Lesson format:
- Scripted lessons with overheads
- Classroom videos
- Reproducible activity sheets

FOR MORE INFORMATION:

Call Eileen Hurst at (860) 832-2976 or email hursteim@ccsu.edu.

Eileen Hurst is the Assistant Director of the Center for Public Policy & Social Research at Central Connecticut State University. She is a Connecticut certified elementary school teacher with over thirty years experience working with children. She has extensive experience working with abused and/or traumatized children and youth agencies. Ms. Hurst is a qualified trainer of the Second Step curriculum. She presently trains Connecticut teachers, administrators, social workers, counselors, psychologists, and youth workers in the use of the Second Step curriculum both at the Central Connecticut State University campus and on-site in school districts.

Second Step®:
A Violence Prevention Curriculum

TEACH KIDS TO KEEP THEIR COOL

A workshop on the Second Step program
skills learned: empathy, impulse control, problem solving, and anger management

The Second Step program ©
Committee for Children, Seattle, WA

www.cfchildren.org
The Second Step® program is the leading violence prevention curriculum in North America. The Center for Public Policy & Social Research at Central Connecticut State University provides training to teachers, administrators, psychologists, social workers, counselors and youth workers in the use of this very successful curriculum.

WHAT IS THE SECOND STEP CURRICULUM?

Based on over 20 years of research and classroom application, the award-winning Second Step program integrates academics and social and emotional learning. Children from preschool through middle school learn and practice important skills like anger management, cooperation, respectful behavior, and problem solving.

WHY IS THE SECOND STEP PROGRAM IMPORTANT?

The growth of violence among youth is a disturbing reality for educators and community members. In addition to the obvious examples of violence, such as murder and assault, a range of other behaviors (including extreme impulsivity, interrupting, name calling, bullying, and threats) serve as warning signs of later violence and aggression. The Second Step program helps reduce these behaviors and gives children lifelong skills to interact pro-socially in all settings.

WHO SHOULD BE TRAINED?

This CEU-approved course of six hours is offered to:

Teachers, administrators, psychologists, counselors, and social workers at elementary schools and youth service agencies who want to learn more about violence prevention strategies.

IS THIS CURRICULUM EFFECTIVE?

A one-year evaluation conducted by the University of Washington concluded that physical aggression decreased among students who were in the Second Step program and increased among students in control classes. Friendly behavior, including prosocial and neutral interactions, increased in the Second Step classes, but did not change in the control classes. Six months later, students in the Second Step classes maintained the higher levels of positive interaction. A team of nationally recognized prevention experts gave the Second Step program the highest possible rating in a review of 84 violence prevention programs, and the U.S. Department of Education rated the Second Step program as an “Exemplary” program after reviewing 132 programs for quality and effectiveness. The Second Step program was one in only a handful that received the “exemplary” rating.

HOW DO I REGISTER?

You can register by mail, fax or in person. For course information please refer to:

• Course: CEU 500(80)
• CRN: 50634

To register by phone, please call Heidi Huguley-Brown at 860-832-2276.

Or, to print out a registration form, visit our webpage at:

http://www.ccsu.edu/coned/registration.htm

WHAT WILL THE WORKSHOP COST?

The cost is $150 for each participant.