

## Invest in Your Child's Future with Second Step

At Farnham Family Services, we are committed to providing your child with the necessary life skills for success. Choose Second Step and join schools worldwide in helping children develop the attitudes, values, and skills they need to thrive in school and beyond. Contact us today to learn more about Second Step Elementary and how it can benefit your child.



## SECOND STEP<sup>®</sup> ELEMENTARY

*Helping Your Child Develop  
Lifelong Skills for Success*



### GET IN TOUCH

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## What is Second Step?

Second Step is a classroom-based social skills program designed to reduce impulsive, high-risk, and aggressive behaviors, while increasing children's social competence and other protective factors. It is rooted in cognitive behavioral intervention models and integrates empathy research and social information-processing research. This comprehensive curriculum helps children identify and understand emotions, set positive goals, and effectively manage reactions when emotionally aroused.

## Building Lifelong Skills

Second Step builds year by year, providing a solid foundation for each level and topic covered. Our experienced team delivers the Second Step curriculum to classrooms and community groups, ensuring age-appropriate material is used for optimal learning.

## Parent's Guide to Second Step - Life Skills for Your Child

At Farnham Family Services, we believe in a holistic approach to education that includes character development. That's why we offer Second Step, a program focused on social-emotional learning (SEL) and character development for students from Pre-K to Middle School.

## What Your Child Will Learn

Second Step equips students with essential social and emotional skills across five interrelated competencies: self-awareness, self-management, responsible decision-making, relationship skills, and social awareness. These competencies are based on the CASEL 5 framework, developed by The Collaborative for Academic, Social, and Emotional Learning (CASEL), and widely recognized by schools worldwide.

## The Impact of Social-Emotional Learning

Social-emotional learning helps students become more confident, achieve their goals, collaborate effectively, make responsible decisions, and solve complex problems. Strong SEL skills are linked to academic success, effective communication, meaningful relationships, and career advancement. By implementing a school-wide SEL program like Second Step, we ensure that our students are well-prepared to navigate life successfully.



## Age-Appropriate Lessons

Each Second Step program includes 20 or more lessons divided into 4 or 5 units. Lessons are carefully designed to support students' social-emotional development and build upon what they've learned in earlier grade levels. The activities are tailored to their age, allowing them to actively practice their SEL skills and build resilience and character.

