

NEW

Second Step[®]

Student Success Through Prevention

for middle school



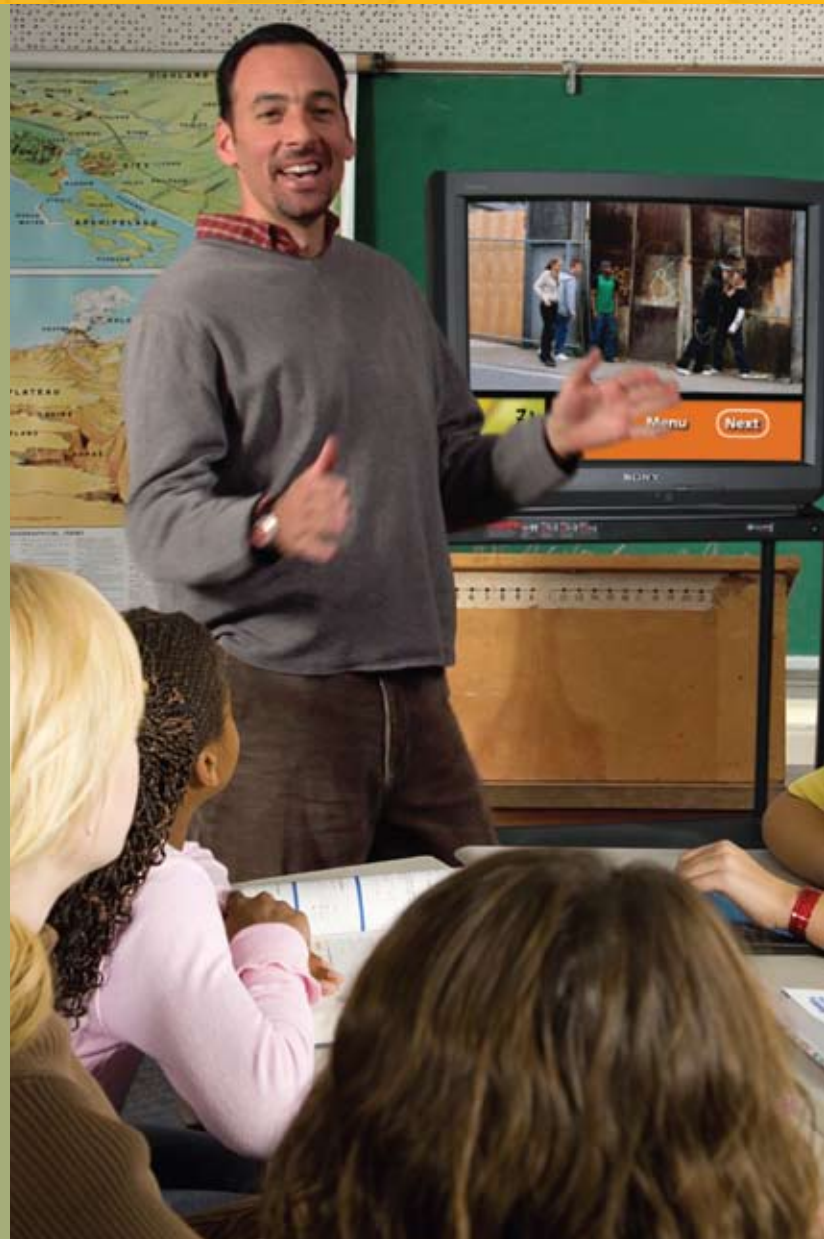
Promote school success and prevent bullying, violence, and substance abuse—all with one NEW program!

research-based

easy and fun to teach

media-rich lessons

topics young teens care about





Build student success *and* safer schools

You no longer have to choose between promoting academics and preventing problem behaviors, such as substance abuse, bullying, and violence. Now you can do both with an effective and affordable new program: *Second Step: Student Success Through Prevention* from Committee for Children. We've been creating award-winning, research-based social and emotional learning programs for 30 years. Our brand-new *Second Step* middle school program is the most current and comprehensive prevention program available for young adolescents.

Second Step: Student Success Through Prevention is based on the latest research to address the following critical skills in one lesson per week:

- Substance abuse prevention
- Bullying prevention (including cyber bullying)
- Violence prevention
- Empathy and communication
- Emotion management and coping skills
- Problem solving, decision making, and goal setting





Skills for school

Our new middle school curriculum covers the same *Second Step* skills that educators have come to depend on, plus additional skills to help young adolescents make good choices and stay engaged in school. And schools save time and money by preventing risky behaviors and promoting school success with one teacher-friendly program.

Support academics while teaching social skills

The new *Second Step* middle school program not only teaches social and emotional skills that lead to school success, but it also supports academics in the classroom. Lesson content and learning strategies align with language arts, media literacy, health, science, math, physical education, civics, and life-skills standards.

In addition, each lesson includes ideas for integrating concepts and skills into three core academic areas:

- Language arts and social studies
- Health/science
- Media literacy

The research behind the new *Second Step* program

Powerful research has emerged over the last twenty-five years that has identified risk and protective factors that work to increase or diminish the likelihood of students' involvement in risky behavior. A key protective factor for many of these behaviors is social and emotional skills. This suggests that a comprehensive prevention effort focused on increasing the social and personal skills of all students is the best approach.

Based on the most up-to-date research, *Second Step: Student Success Through Prevention* aims to:

Prevent and reduce risk factors, including:

- Aggression and impulsivity
- Peer rejection
- Early initiation of substance abuse

Increase protective factors, including:

- Social skills
- School connectedness
- Adoption of conventional norms about drug use and school success

Rigorous process results in "re-visioned" program

The *Second Step* middle school program was completely "re-visioned" in 2007 by researchers and educators following a rigorous process that included:

- A thorough review of current research.
- Outside review by leaders in middle school education and nationally recognized research consultants.
- A pilot with teachers and students in real classrooms.

Committee for Children is known for creating high-quality, research-based programs. After many rigorous reviews, other editions of the *Second Step* program have been top-rated by:

- U.S. Department of Education, Safe and Drug-Free Schools
- U.S. Department of Health and Human Services
- Helping America's Youth
- SAMHSA/CSAP
- OJJDP

"This program not only helps kids stay away from drugs and alcohol, but it also helps them academically because if they feel safe in their classroom then they're able to concentrate better. It creates a safe atmosphere, one where students can work together...with a diverse group of people."

Monica Stein
St. Francis of Assisi School
Burien, Washington

Online video previews: www.cfchildren.org/ssmsvideo

and life success

Teacher-friendly, flexible, and fun

Second Step: Student Success Through Prevention minimizes prep time and maximizes learning with scripted lessons. Each lesson is taught in tandem with an interactive DVD. A simple format, colorful materials, and clear instructions make the lessons easy to follow and fun to teach.

Developed for flexibility, lessons are taught weekly in either one 50-minute session or two 25-minute sessions. Teacher resources include a Teacher's Guide and a Teaching the Program DVD featuring real educators teaching every component of the program.

Engaging activities for a diverse student population

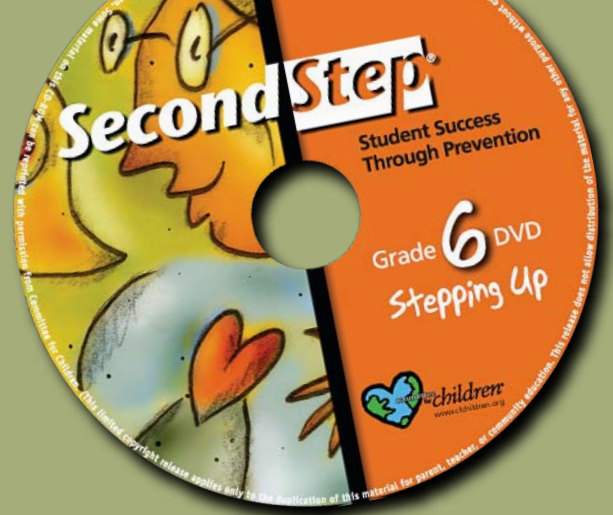
To appeal to the diverse learning styles and interests of young adolescents, the *Second Step* curriculum blends a variety of teaching strategies and best practices:

- Class discussion
- Individual, partner, and group activities
- Interactive exercises, games, and skill practice

Involving families is essential

The new *Second Step* middle school program helps you make the home-school connection with:

- Family Letters to introduce the program and skills
- Homework involving adult family members
- Parent and Caregiver Overview DVD (in the Program Implementation Guide)



Lesson topics by grade level

Grade 6: Stepping Up

Perspective taking, juggling responsibility, and solving problems peacefully; how to recognize and prevent bullying; brain-body-emotions connection; and staying free from alcohol and other drugs.

Grade 7: Stepping In

Making good decisions, staying in control, and giving support; responding to physical bullying and cyber bullying; refusing sexual harassment; coping with stress; and myths and facts about substance abuse.

Grade 8: Stepping Ahead

Leadership, setting goals, and being open-minded; bullying within relationships and groups; labels, stereotypes, and prejudice; identifying hopes and plans; and positive self-talk to avoid substance abuse.



Affordability and funding resources

Second Step: Student Success Through Prevention saves schools time and money by building the social and interpersonal skills that promote school success and prevent bullying, substance abuse, and violence—all in one program.

And the cost-effective grade-level kits can be used year after year, with no hidden extras to purchase. For information about program cost, including individual grade-level kits and bundles, visit our Web site.

If you're looking for funding to purchase our programs, check out the Support & Resources section of our Web site. You'll find current funding and grant opportunities as well as tips and tools for writing stellar grant proposals. Learn more at www.cfchildren.org.

"My students' behavior and their interactions with each other just became more positive as the year went on."

Zoe Pilgrim
Nathan Eckstein Middle School
Seattle, Washington

Free support and affordable training

800-634-4449, ext. 6220

With our free ongoing program support, you can contact us to ask a simple question or to seek solutions to challenges. Our program support specialists will share strategies, provide resources, and guide you from program launch through evaluation. We're committed to your success every step of the way!

We highly recommend staff training to maximize your *Second Step* success. Regional and on-site trainings are informative, affordable, and fun. You'll learn to teach the program effectively, gain useful tools and best practices, and discover how to adapt the program to your specific needs. Find complete training information at www.cfchildren.org.



Second Step: Student Success Through Prevention

for grades 6–8



Each grade-level kit includes:

- Lessons (15 in Grade 6; 13 in Grades 7 and 8)
- Grade-Level Lesson Companion DVD
- Teacher's Guide
- Teaching the Program DVD
- Posters (3 in Grade 6; 4 in Grades 7 and 8)
- Academic integration activities
- Reproducible homework and Family Letters
- Formative and summative knowledge assessments
- Resources CD-ROM with reproducible content
- Free ongoing program support

The Program Implementation Guide includes:

- In-depth information about implementing the program schoolwide
- All-Staff Overview DVD
- Parent and Caregiver Overview DVD (English and Spanish)
- Special access to additional online resources and tools

Learn more today

Second Step: Student Success Through Prevention is powerful, affordable, and effective.

See for yourself. Preview the program at www.cfchildren.org/ssmsvideo, where you'll find sample lessons, DVD clips, and real stories from teachers and students. You'll also find information about the award-winning *Second Step* elementary school program, funding opportunities, research foundations, and more.

To order the program:

Web: www.cfchildren.org/order

FAX: 206-343-1445

Phone: 800-634-4449, ext. 6220

Order now—ships in June 2008!

Committee for Children is a nonprofit leader in social and emotional learning. Our evidence-based programs reach 7 million children in 21 countries around the world.

Online video previews: www.cfchildren.org/ssmsvideo

