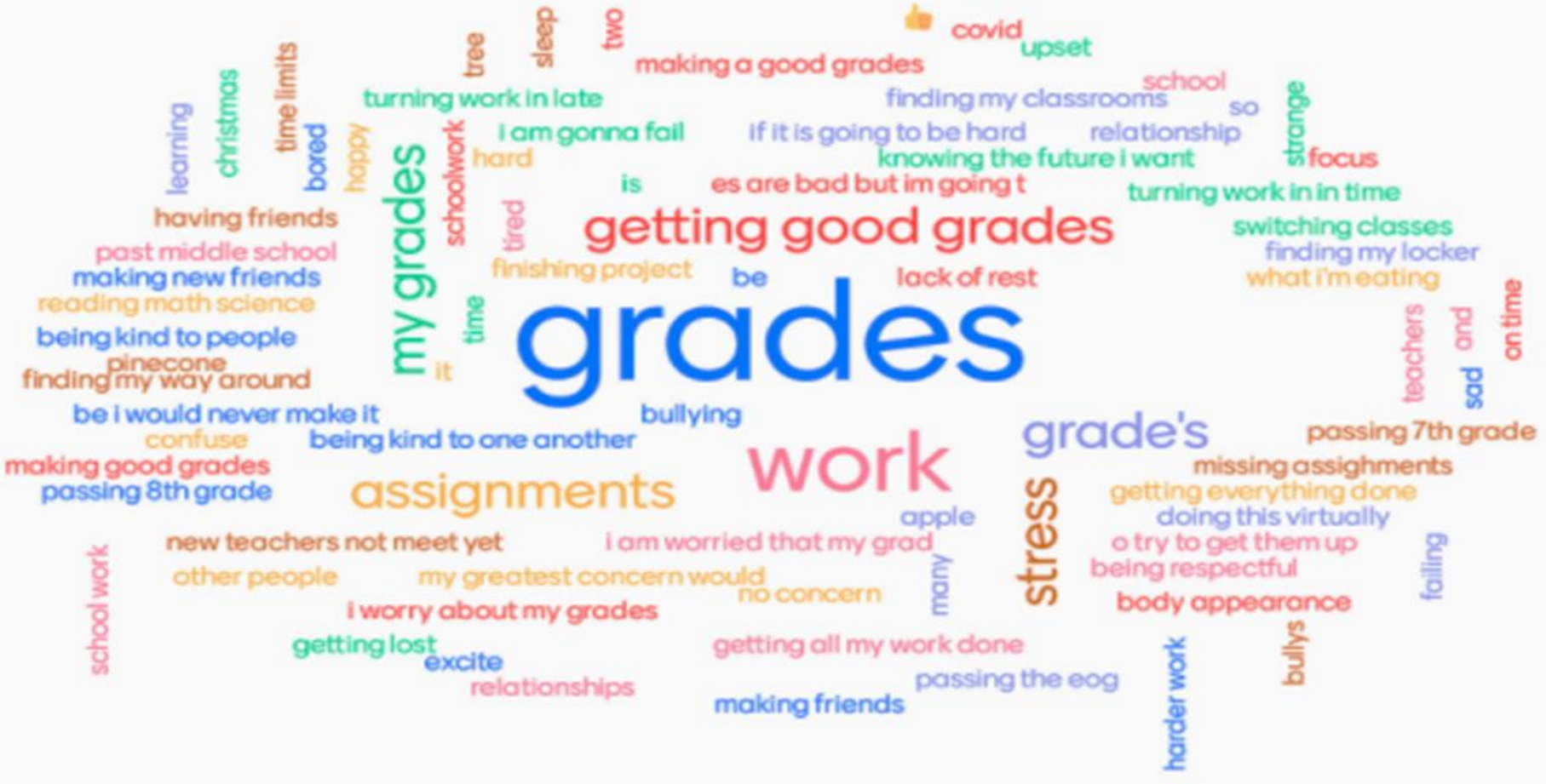


All Roads Lead To Success with the Second-Step Program

East Middle School
January 4, 2021


grades
getting good grades
my grades
work
assignments
grade's
stress
covid
upset
making a good grades
two
sleep
tree
school
finding my classrooms
so
strange
turning work in late
time limits
christmas
learning
bored
happy
schoolwork
i am gonna fail
if it is going to be hard
relationship
knowing the future i want
focus
hard
is
es are bad but im going t
turning work in in time
having friends
tired
switching classes
finding my locker
past middle school
making new friends
finishing project
be
lack of rest
what i'm eating
reading math science
time
being kind to people
pinecone
finding my way around
it
teachers
and
sad
on time
be i would never make it
bullying
confuse
being kind to one another
passing 7th grade
making good grades
passing 8th grade
missing assighments
getting everything done
doing this virtually
apple
new teachers not meet yet
i am worried that my grad
o try to get them up
being respectful
other people
my greatest concern would
no concern
many
failing
school work
i worry about my grades
body appearance
getting lost
excite
getting all my work done
bullys
relationships
passing the eog
making friends
harder work

Finding Healthy Tribes

Prioritizing Needs

Dealing with Social Pressures

Communicating with Teachers and Coaches

Expanding Learning Abilities

Confronting Bullies



Remembering to Rest

Becoming a Positive Contributor

Expressing Individuality

Shining Despite Speedbumps

Bouncing Back from Failure and Disappointments

Keeping Up with School Assignments and Project Deadlines

Test-driving Romantic Relationships

Navigating the Online World

Learning About the World


depression
impulsiveness
hopelessness
vandalism
teen-pregnancy
loneliness
fighting
self-harm
anxiety
Stress
fear
suicidal
grief
isolation
domestic-violence
inconsistency
idle-time
aggression

SDQ - Strengths and Difficulties Questionnaire

In the fall of 2020, during remote learning, 197 EMS students participated in a SDQ. This Strengths and Difficulties Questionnaire consisted of 5 scales. Each scale consisted of 5 questions each with a total of 25 responses.

* Prosocial Behaviour
* Hyperactivity/Inattention
* Emotional Symptoms
* Conduct Problems
* Peer Relationship Problems

What Does a SDQ Look Like?

Strengths and Difficulties Questionnaire	Not True	Somewhat True	Certainly True
1. I try to be nice to other people. I care about their feelings.	○	○	○
2. I am restless, I cannot stay still for long.	○	○	○
3. I get a lot of headaches, stomach-aches, or sickness.	○	○	○
4. I usually share with others, for example CDs, games, food.	○	○	○
5. I get very angry and often lose my temper.	○	○	○
6. I would rather be alone than with people of my age.	○	○	○
7. I usually do as I am told.	○	○	○
8. I worry a lot.	○	○	○
9. I am helpful if someone is hurt, upset or feeling ill.	○	○	○
10. I am constantly fidgeting or squirming.	○	○	○
11. I have one good friend or more.	○	○	○

Continued SDQ	Not True	Somewhat True	Certainly True
12. I fight a lot. I can make other people do what I want.	○	○	○
13. I am often unhappy, depressed or tearful.	○	○	○
14. Other people my age generally like me.	○	○	○
15. I am easily distracted, I find it difficult to concentrate.	○	○	○
16. I am nervous in new situations. I easily lose confidence.	○	○	○
17. I am kind to younger children.	○	○	○
18. I am often accused of lying or cheating.	○	○	○
19. Other children or young people pick on me or bully me.	○	○	○
20. I often volunteer to help others (parents, teachers, children).	○	○	○
21. I think before I do things.	○	○	○
22. I take things that are not mine from home, school or elsewhere.	○	○	○
23. I get along better with adults than with people my own age.	○	○	○
24. I have many fears, I am easily scared.	○	○	○
25. I finish the work I'm doing. My attention is good.	○	○	○

Questionnaire Results

The Conduct Problems Scale consists of Questions # 5, 7, 12, 18, and 22.

#5. I get angry and often lose my temper.

Of the 197 respondes:

103 (52.3%) Not true
63 (32%) Somewhat true
31 (15.7%) Certainly true

#7. I am generally willing to do what other people want.

Of the 197 respondes:

35 (17.8%) Certainly true
114 (57.9%) Somewhat true
48 (24.4%) Not true

#12. I fight a lot. I can make other people do what I want.

Of the 197 respondes:

171 (86.8%) Not true
23 (11.7%) Somewhat true
3 (1.5%) Certainly true

#18. I am often accused of lying or cheating.

Of the 197 respondes:

147 (74.6%) Not true
31 (15.7%) Somewhat true
19 (9.6%) Certainly true

#22. I take things that are not mine from home, work, or elsewhere.

Of the 197 respondes:

187 (94.9%) Not true
8 (4.1%) Somewhat true
2 (1%) Certainly true

Questionnaire Results

The Emotional Problems Scale consists of Questions # 3, 8, 13, 16, and 24.

#3. I get a lot of headaches, stomach-aches, or sickness.

Of the 197 respondes:

114 (57.9%) Not true
63 (32%) Somewhat true
20 (10.2%) Certainly true

#8. I worry a lot.

Of the 197 respondes:

73 (37.1%) Not true
71 (36%) Somewhat true
53 (26.9%) Certainly true

#13. I am often unhappy, depressed, or tearful.

Of the 197 respondes:

129 (65.5%) Not true
54 (27.4%) Somewhat true
14 (7.1%) Certainly true

#16. I am nervous in new situations. I easily lose confidence.

Of the 197 respondes:

68 (34.5%) Not true
62 (31.5%) Somewhat true
67 (34%) Certainly true

#24. I have many fears, I am easily scared.

Of the 197 respondes:

104 (52.8%) Not true
60 (30.5%) Somewhat true
33 (16.8%) Certainly true

Questionnaire Results

The Peer Problems Scale consists of Questions # 6, 11, 14, 19, and 23.

#6. I would rather be alone than with people.

Of the 197 respondes:

71 (36%) Not true
84 (42.6%) Somewhat true
42 (21.3%) Certainly true

#11. I have at least one good friend.

Of the 197 respondes:

121 (61.4%) Certainly true
27 (13.7%) Somewhat true
49 (24.9%) Not true

#14. Other people generally like me.

Of the 197 respondes:

46 (23.4%) Certainly true
116 (58.9%) Somewhat true
35 (17.8%) Not true

#19. Other people pick on me or bully me.

Of the 197 respondes:

150 (76.1%) Not true
37 (18.8%) Somewhat true
10 (5.1%) Certainly true

#23. I get along better with older people than with people of my own age.

Of the 197 respondes:

68 (34.5%) Not true
93 (47.2%) Somewhat true
36 (18.3%) Certainly true

Questionnaire Results

The Prosocial Scale consists of Questions # 1, 4, 9, 17, and 20.

#1. I try to be nice to people. I care about their feelings.

Of the 197 respondes:

1 (0.5%) Not true
61 (31%) Somewhat true
135 (68.5%) Certainly true

#4. I usually share with others, for example food or drink.

Of the 197 respondes:

65 (33%) Not true
105 (53.3%) Somewhat true
27 (13.7%) Certainly true

#9. I am helpful if someone is hurt, upset, or feeling ill.

Of the 197 respondes:

12 (6.1%) Not true
79 (40.1%) Somewhat true
106 (53.8%) Certainly true

#17. I am kind to children.

Of the 197 respondes:

4 (2%) Not true
53 (26.9%) Somewhat true
140 (71.1%) Certainly true

#20. I often offer to help others (family members, friends, colleagues.

Of the 197 respondes:

5 (2.5%) Not true
68 (34.5%) Somewhat true
124 (62.9%) Certainly true

Questionnaire Results

The Hyperactivity Scale consists of Questions # 2, 10, 15, 21, and 25.

#2. I am restless. I find it hard to sit down for long.

Of the 197 respondes:

64 (32.5%) Not true
84 (42.6%) Somewhat true
49 (24.9%) Certainly true

#10. I am constantly fidgeting or squirming.

Of the 197 respondes:

99 (50.3%) Not true
58 (29.4%) Somewhat true
40 (20.3%) Certainly true

#15. I am easily distracted, I find it difficult to concentrate.

Of the 197 respondes:

68 (34.5%) Not true
81 (41.1%) Somewhat true
48 (24.4%) Certainly true

#21. I think before I do things.

Of the 197 respondes:

63 (32%) Certainly true
98 (49.7%) Somewhat true
36 (13.3%) Not true

#25. I finish the work I am doing. My attention is good.

Of the 197 respondes:

60 (30.5%) Certainly true
109 (55.3%) Somewhat true
28 (14.2%) Not true

Scoring

When scoring properly, the higher the score,
the higher support needed in social & emotional learning.

Using SDQ allows the user to identify
emotional and behavioural difficulties a student may experience.

SDQ may be used to measure the student's social, emotional growth when
taken at the beginning of the year and again at the end of school year.

As we implement social, emotional learning through the **SecondStep** program,
scores are expected improve for each student.

Second Step Curriculum

Unit 1: Mindsets and Goals

Students learn how to develop a growth mindset and apply research-based goal-setting strategies to their social and academic lives.

Unit 2: Recognizing Bullying and Harassment

Students learn how to recognize bullying and harassment, stand up safely to bullying, and respond appropriately to harassment.

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Second Step Curriculum continued

Unit 3: Thoughts, Emotions, and Decisions

Students learn how to recognize strong emotions and unhelpful thoughts, and apply strategies to manage their emotions and reduce stress.

Unit 4: Managing Relationships and Social Conflict

Students learn strategies for developing and maintaining healthy relationships, perspective-taking, and dealing with conflict.

Second Step Schedule

Mondays- Weekly Check-in

Tuesdays- Class Challenge

Wednesdays- Second Step Lesson

Thursdays- Class Meeting

Fridays- Weekly Check-out

Student Samples from Second Step Lessons

Warm-Up

Imagine you're stepping in front of the class to give a year-end presentation.

What's happening to your:

1. Emotions: Butterflies, you're getting scared and worried.
2. Thoughts: Are they making fun of me? Do I sound okay?
3. Body: Sweaty, Jittery, and Shaky.



A April Parsons + 3 • 1mo

Gray Skies

What's an unhelpful thought you've had when you were feeling discouraged?

helpful thought

never give up on every thing

A Add comment

Unhelpful Thought

I will never be good at math

1 comment

Anonymous 1mo
Only if I practice I will get better in math

A Add comment

Unhelpful Thought

This is going to take forever for me to complete.

A Add comment

Unhelpful Thought

They will always be better than me.

A Add comment

Unhelpful Thought

I give up. This is a waste of my time.

A Add comment

Unhelpful Thought

I feel like I'm not going to be good at science

1 comment

Anonymous 1mo
I will not be good at science if I don't practice

A Add comment

Unhelpful Thought

I'll never learn how to draw well.

1 comment

A **April Parsons** 1mo
"I" never learn how to draw well if I don't practice."

A Add comment

Sports

How did you use your strengths to develop this interest?

I use my mindset in the field , my physical strength my view my social life strategy and more.

What roadblocks did you face along the way? Describe one or two.

The roadblocks that I faced were me being shy me having to start off playing with guys so I had to learn how to play ruff and my social anxiety.

Instructions

1. Choose an interest from your future identity map and write it in the FUTURE INTEREST box.
2. Answer the questions along the path.
3. Add decorations to your path (optional).
4. Check your work with the Self-Evaluation Checklist on the front of your handout.

What did you do to get past these roadblocks?

I started trying to come out and talk to more people be social.

Who or what supported you in developing your interest?

The new friends i made helped me become more social.