

Social and Emotional Learning (SEL) and Reconnecting Youth™ (RY): ProDev



What is SEL?

According to the Collaborative for Academic, Social, and Emotional Learning (CASEL), “**social and emotional learning (SEL)** is the process through which children and adults acquire and effectively apply the knowledge, attitudes, and skills necessary to **understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions.**”

Short-term benefits

- More positive social behaviors and attitudes
- More empathetic
- Ability to manage stress and depression
- Improved classroom behavior
- Fewer conduct problems
- Better attitudes about themselves, others, school

Long-term benefits

- Decreased truancy
- Increased school performance
- Personal goal attainment
- Higher academic achievement
- Decreased dropout rate
- Decreased disruptions, referrals, suspensions

Reconnecting Youth™ and SEL

Reconnecting Youth™ (RY) is an internationally recognized, **evidence-based program** that helps youth achieve in school and decrease their drug use, anger, depression, and emotional distress. The RY curriculum focuses on **skills training within the context of peer group and adult support**. It has been tested as an **indicated** and **selective** program for at-risk youth and can be adapted to a **universal** program and integrated into an existing curriculum or used as stand-alone lessons. Through its alignment with the five core SEL competencies, RY can be used effectively in both **schools and youth-serving agencies** to support the social and emotional development of youth and create a culture where students thrive.

Aligning the Five Core SEL Competencies and Reconnecting Youth™



SEL Core Competencies	RY Modules (ex. Skills)
Self-Awareness Recognizing one’s emotions and values as well as one’s strengths and challenges	Self-Esteem Enhancement Affirmations, Visualization, Changing Negative Self-Talk, Accurate Self-Assessment
Self-Management Managing emotions and behavior to achieve one’s goals	Personal Control Goal Setting, Time Management, Identifying Triggers, Reducing Stress, Changing Anger Reactions
Social Awareness Showing understanding and empathy for others	Getting Started Creating Rules, Praising Others, Communicating Acceptance
Relationship Skills Forming positive relationships, working in teams, dealing effectively with conflict	Interpersonal Communication Helpful Feedback, “I” Messages, Active Listening, Conflict Resolution, Strengthening Friendships
Responsible Decision-Making Making healthy choices about personal and social behavior	Decision Making Evaluating Decisions, Planned Decisions, Mini-Goals

Bonus: Learn how RY also meets LCAP priorities 1, 3, 4, 5, 6, 9, 10

JOIN US in Fresno, AUGUST 7, 2018! To learn more: info@reconnectingyouth.com