

WEBINAR

Personal Responsibility Education Program



FYSB Family & Youth
Services Bureau

Adolescent Pregnancy
Prevention Program



Leveraging APS to Support Social and Emotional Learning (SEL)

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Presenters



Nyasha Evans



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Live Virtual Training Logistics

- Please remain **muted**
- Check your computer **audio volume & enable speaker** (if trouble hearing)
- If comfortable, **share video**



Engagement:



Annotation



Breakout Rooms



Chat box



Padlet

Learning Community Agreements:

- Participate fully
- Delay distractions
- Honor different experiences
- Be brave and explore
- Intent ≠ Impact
- Others? (Type in chat)



Objectives:



By the end of the training, participants will be able to:

- Define social emotional learning, emotional intelligence, and trauma informed education
- Describe at least three ways that Adulthood Preparation Subjects support social emotional learning.
- Identify at least two strategies for incorporating social and emotional learning into their evidence-based interventions

Agenda

Introductions, housekeeping, and connection

What is Social Emotional Learning (SEL)?

Connecting SEL with Adulthood Preparation Subjects (APS)

Evidence Based Interventions and SEL

Q&A and closing



Padlet Activity



Describe your favorite educator

Social Emotional Learning (SEL)

What is Social Emotional Learning?



SEL is the process through which all young people and adults acquire and apply the knowledge, skills, and attitudes to develop healthy identities, manage emotions and achieve personal and collective goals, feel and show empathy for others, establish and maintain supportive relationships, and make responsible and caring decisions.

CASEL Framework



Why Social Emotional Learning?



- Bolsters **compassion** and **community** building within the school communities and beyond
- Students in the United States who receive comprehensive SEL curriculums are 2x as likely to get a college degree, 50% more likely to graduate high school, and have a fulltime job by age 25*

-Second Step: Social-Emotional Skills for Early Learning SecondStep.org ©2016

Mindful Moment



Adult Preparation Subjects



Adult Preparation Subjects



Adolescent development

Healthy life skills

Healthy Relationships

Educational and career success

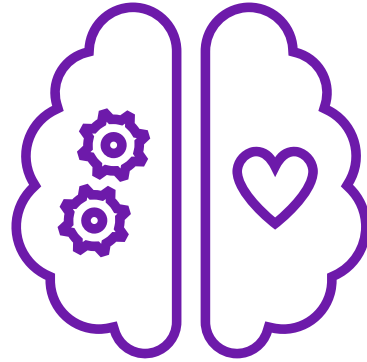
Financial literacy

Parent-child communication

Activity



Each group will be assigned an APS topic.



Brainstorm activities and strategies to incorporate SEL into your group's topic.



Be sure to assign a notetaker and reporter!

Discussion



What was it like to participate in this activity?

What strategies did your group discuss?

How will you work towards incorporating SEL into your programming?

SEL in APS Topics

Adolescent Development

- Large group brainstorm about emotional changes during puberty.
- Small group discussions about ways to self-regulate when emotions feel out of control.

Healthy Life Skills

- Create a decision-making tool (for example Stop, Think, Act)
- Students work in small groups use the tool in various scenarios (i.e.: Your friend asks to copy your homework. How do you decide what to do?)

Healthy Relationships

- Activity about aggressive, passive, and assertive communication.
- Students get into pairs and practice roleplays that involve using assertive communication in their relationships.

Educational and Career Success

- Students watch a video of a college and/or job interview. Discuss what social skills are needed to succeed in an interview.
- Students create an “interview checklist” based on what they discussed.

Financial Literacy

- Participants debate the pros and cons of buying sneakers versus buying sound equipment and buying a car versus saving for a college education to relate the concept of opportunity costs.
- Students journal about a time when they bought something without thinking about it to see the difference between spontaneous and intentional buying behaviors.

Parent-Child Communication

- Students discuss how they would want their parent/guardian to talk to them about sexual health.
- Students get into pairs and roleplay as both the parent and the child in a conversation about sexual health.

Summary



Adolescent development

Healthy life skills

Healthy Relationships

Educational and career success

Financial literacy

Parent-child communication

What about Evidence Based Interventions (EBIs)?

Tips for Incorporating SEL into EBIs



- Goal setting activities- many EBIs already have these!
- Video processing questions
- Wellness breaks between activities
- Active listening during roleplays

Example: SWAT from Making Proud Choices

- Refusal skills are a great opportunity to bring in SEL.
- Many refusal skills activities are outdated and not a reflection of affirmative consent.

SWAT

S = Say "NO"
Refuse the unsafe behavior.

W = Explain why
Offer a good explanation as to why you want to be safe. Explaining why helps your partner hear and understand your real concerns and prevents negative reactions.

A = Provide alternatives
Provide safe alternatives to show that you still want to be intimate and have a relationship with this person, as long as it can be safe.

T = Talk it out
Talk openly about each other's feelings to help the relationship grow and ease any tension.

Refusal Skills

What the curriculum says:

You did a great job with that activity. We are now going to do roleplays using the SWAT technique and the Observer Checklist.

What you can add:*

The steps of SWAT are designed to help you have a conversation about your boundaries. A person should always listen when you say no, no matter what the reason.

*Always check before making adaptations!

Refusal Skills: Sample Roleplay Discussion Questions

What is empathy? How can empathy be useful in sexual situations?

How do you think person 1 is feeling right now?

How can emotions impact actions?

What does it mean to have self-control?

What can you do when you have hurt someone's feelings?

What kind of person do you think [roleplay character] wants to be today?

If you were in this situation, how could you check in with yourself?

What are some ways you could calm down in this situation?

Mindful Moment



Social Emotional Learning & Trauma



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Six Guiding Principles

Understanding Trauma & Stress

Cultural Humility & Equity

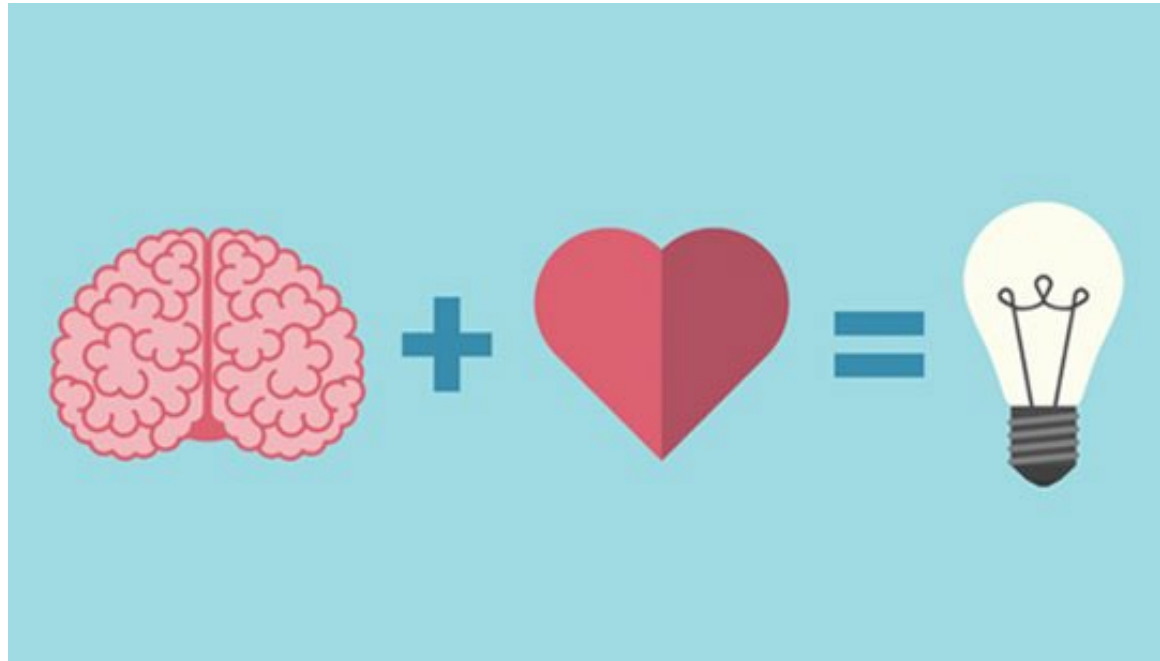
Safety & Predictability

Compassion & Dependability

Empowerment & Collaboration

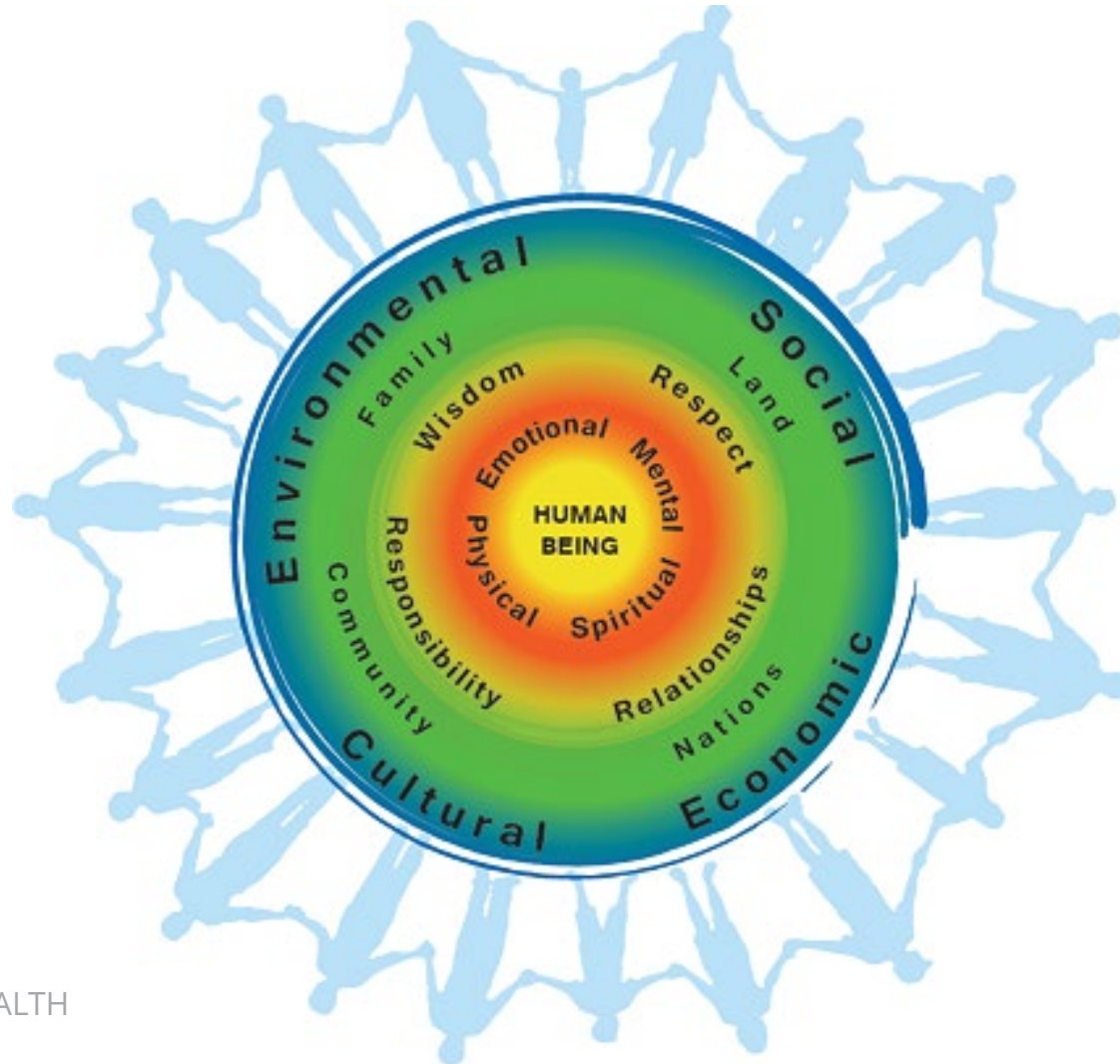
Resilience & SE Wellness

SEL & Emotional Intelligence



Awareness of your own and others' emotions; an ability to harness and apply emotion to thinking; and an ability to regulate your own and other emotions (for instance, providing co-regulation if necessary).

Elements of Emotional Intelligence



Self Awareness

Self Regulation

Motivation

Empathy

Social Skills





Closing

Contact

- Reach out to apptta@rti.org if you would like one-on-one assistance.
- Reach out to your project officers if you have PREP program administration questions.

Resources

[Innovative Strategies for Adult Preparation Topics](#)

[Social Emotional Learning in SRAE Programming](#)

[CASEL Framework](#)

[Along: Teacher-Student Connection Builder](#)

[Child Mind Institute: Evidence-based resources can help you teach your students the mental health skills](#)

[Morning Side Center: K-12 lessons that encourage social responsibility and foster social & emotional learning](#)



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<http://s.alchemer.com/s3/75a34aa6350d>

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