



SRAETTA

Sexual Risk Avoidance Education
Training and Technical Assistance

Incorporating Social and Emotional Learning Strategies in SRAE Programming

REBECCA ZENTZ, M.S., SRAS

Project Director, Penn's Youth Initiative

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ADMINISTRATION FOR
CHILDREN & FAMILIES **FYSB** Family & Youth
Services Bureau

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Rebecca Zentz, M.S., SRAS



Rebecca Zentz, M.S., SRAS, is the Project Director for Penn's Youth Initiative. PYI is a new, federally funded grant project, consisting of partnerships across seven Pennsylvania counties. For the past 11 years, Zentz has taught SEL and SRAE in public and private schools, while forming a strong partnership with her county's Children and Youth Services' Independent Living Program.



What Is SEL? **(Social and Emotional Learning)**

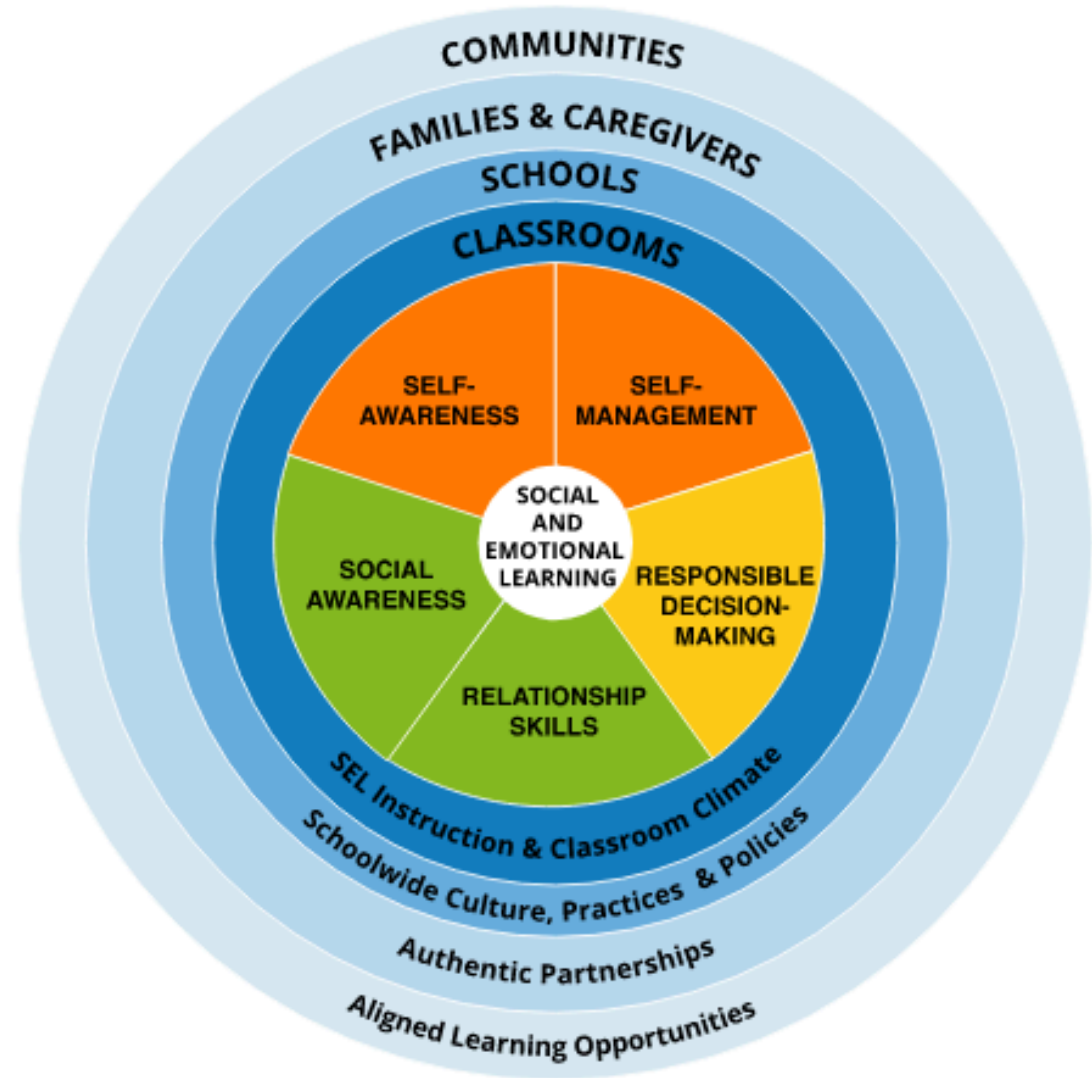


CASEL's Definition

“**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.”

“SEL Is...” CASEL, Collaboration for Academic, Social and Emotional Learning, 2021, casel.org/what-is-sel/.

CASEL's SEL Framework Coincides with SRAE's Objectives



“Casel’s SEL Framework,” 2020, www.casel.org/what-is-sel, accessed 1/26/21



Developmental Relationships (DRs)

- More middle school youth report having stronger DRs with teachers and program staff than high school youth.
- More youth have stronger DRs with OST (outside school time) program directors or staff (70%) than with school teachers (40%).

Insights & Evidence: The Intersection of Developments Relationships, Equitable Environments, and SEL. Search Institute, 2020, www.search-institute.org/dr-equity-and-sel/.

“Staff make me feel like I matter when they... ”

“... be kind and notice me.”

“... have REAL conversations.”

“... help me no matter what.”



COVID-19's Impact on Our Young People

**Dr. Robert Redfield,
Director of Centers for
Disease Control and
Prevention**

“But there has been another cost that we’ve seen, particularly in high schools. We’re seeing, sadly, far greater suicides now than we are deaths from COVID. We’re seeing far greater deaths from drug overdose that are above excess that we had as background than we are seeing the deaths from COVID.”

**Whether in-person or remote ...
we need to address the needs
of our youth.**



Practical Suggestions for SEL Delivery

- Equitable
- Trauma-informed
- Inclusive



Practical Suggestions for SEL Delivery

1. Be honest about your own social and emotional needs.

- Admit you have needs, too.
- Consider the emotional toll of needing to be “on” most of the time.
- Address your emotional needs through healthy interventions.
- Make time to do something you enjoy.



Practical Suggestions for SEL Delivery

2. Empathize with students and share relevant stories.

- Identify with the challenges of social distancing measures.
- Ask participants to list how COVID makes them feel?
- Briefly share an account that describes one of your feelings related to COVID.
- If possible, share a funny story related to masks, sanitizer, or the like.



Practical Suggestions for SEL Delivery

3. Facilitate engagement with participants.

- Request that participants keep their video setting on.
- Address participants by name.
- Utilize chat boxes and polling features.
- When possible, instruct participants to share in small groups or breakout rooms.



Practical Suggestions for SEL Delivery

4. Insert appropriate humor.

- Smile!
- Be creative.
- Laugh at yourself.



Practical Suggestions for SEL Delivery

5. Incorporate music.

- Choose uplifting, “safe” lyrics that everyone can relate to.
- Consider music without lyrics.
- Play music in the background during “think time” exercises.



Piano Guys: Dance Like Nobody's Watching



QUESTIONS?



Presenter Contact Information

REBECCA ZENTZ, M.S., SRAS

Penn's Youth Initiative

Becca@PennsYouth.org



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Field Talk:

Key Takeaways for Adolescent Thriving

TRACEY PIKE

Ascend

February 24, 2021



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QUESTION ONE

What is the most significant takeaway you learned and how will you apply it to your program?



QUESTION TWO

What innovative social media campaigns have you implemented or seen used in SRAE programming?



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