

# Building Responsible and Resilient Youth

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## OVERVIEW

### What is the problem?<sup>1-3</sup>



Children who experience behaviors that negatively impact relationships, such as bullying, manipulation, and rumor-spreading, are more likely to have emotional outbursts, be irritable, and display anger.

This can lead to a cycle, as students who exhibit frequent outbursts, anger, and spiraling emotions are more likely targets for bullies. In other words, bullying leads to emotional dysregulation which triggers further bullying.

**How can schools and other youth organizations help to develop children's long term mental health and overall well-being? Programs that incorporate Social-Emotional Learning (SEL) can help to develop responsible and resilient youth.**



### Social-Emotional Learning<sup>4-7</sup>

SEL helps students learn how to apply knowledge and attitudes to manage emotions, improve personal and school outcomes, develop empathy for others, recognize supportive relationships, and engage in responsible decision-making.

SEL also teaches children about civility and citizenship. Asking students how they think they want to be treated and comparing it to how they should and should not treat others is similar to The Golden Rule.

**The Golden Rule:** Treat others the way you would like to be treated without expecting the same kindness back from them.

### Helpful ways to learn to manage emotions:



Practice deep breathing when upset



Count to 10 to calm down



Take a break from the situation - encourage students to grab a drink of water



Ask them to identify what makes them happy, like reading a book, telling jokes, or playing outside. When students feel down, they can engage in mood boosters to help them cope with feelings

Having discussions about managing emotions can help students learn what is making them sad or angry

- Playing games that encourage mindfulness and movement activities, such as the [Calm app](#) or [GoNoodle.com](#)
- Journaling or drawing to process emotions
- Practicing problem-solving skills



When children know how to control their emotions and relate to their peers, they can develop stronger friendships, be more responsible, and make better decisions. Children with better social skills get better grades and can adjust to adversity.

## Social-Emotional Learning Framework<sup>8</sup>

The Collaborative for Academic, Social, and Emotional Learning (CASEL) has established data-driven information on SEL as an essential part of education.

CASEL's Framework on SEL helps schools, districts, and states to establish learning environments that support students' learning of social skills, emotional skills, and academic development.

The five components of CASEL's Framework are:



Social Awareness



Self Awareness



Relationship Skills



Self Management



Responsible  
Decision-Making

## Data on Social-Emotional Learning Programs<sup>9-12</sup>

Positive Youth Development, a component of SEL, utilizes positive influences to help youth succeed and increase their sense of self, self-regulation, and self-efficacy in the realms of social (friends), emotional, cognitive, and behavioral outcomes by helping youth build positive networks of supportive adults.

Student recognition of supportive relationships is a protective factor against bullying. Additionally, support from adults and teachers is associated with students' willingness to seek help in the event of being bullied.

Youth engaged in SEL programs are less likely to have behavioral problems and are more prepared to transition into adulthood successfully.

To support Whole Child Wellness, Coordinate Approach to Child Health (CATCH) offers programs for physical activity, health, and SEL that help students develop mind-heart-body awareness and skills to lead to a healthy and fulfilling life.

90%

said the program helped them to **make responsible decisions**

95%

of students said the program helped them to **improve their self-confidence**

94%

of students said the program helped them to **feel comfortable around their peers**

99%

of students said the program taught them **how to show respect and empathy for others**

## What Can School Districts Do? <sup>2,8,13</sup>

Social-Emotional Learning programs are tools to support students, teachers, schools, and communities by providing inclusive, collaborative approaches when working with students of different cultures and backgrounds.

Providing full community support focused on students' development around social, behavioral, and emotional learning also improves students' academic outcomes.

Schools can implement CATCH's Health Ed Journey's program, a comprehensive K-8th grade education curriculum designed for teacher implementation within classrooms.

## What Can Others Do? <sup>14,15</sup>

Engage teachers and school districts in building positive social (friends and family), emotional, and behavioral skills among students of all ages.

Provide training and capacity building on SEL for educators, including ongoing professional development courses.

Focus on indirect ways of teaching social and emotional skills to children through school policy, assignments, and modeling.

Many parents view the home as a place where students will learn and develop most of the student's social and emotional skills. Engaging family and community members, including coaches, peers, and youth leaders, helps build children's social and emotional skills.

### ADDITIONAL RESOURCES:

1. SEL Activities for Families and Educators: <https://www.k12.wa.us/sites/default/files/public/studentssupport/sel/pubdocs/SEL%20Parent%20and%20Educator%20Activities.pdf>
2. The Developmental Assets Framework : <https://www.search-institute.org/our-research/developmental-assets/developmental-assets-framework/>
3. Collaborative for Academic, Social, and Emotional Learning (CASEL) Framework: <https://casel.org/fundamentals-of-sel/>
4. Navigating SEL From the Inside Out: <https://www.wallacefoundation.org/knowledge-center/Documents/navigating-social-and-emotional-learning-from-the-inside-out-2ed.pdf>

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Connect with our team for more information on how TX RPC can help you.



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