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Dear Family,

Wouldn't it be great if there were a way to protect your middle school student from risky behaviors such as bullying, aggression, and substance abuse while improving his or her school success? Fortunately, research shows there is a way to do just that.

This week we begin the Stepping Up program. The program focuses on skills that will help your student succeed in school and in life. These skills include:

- Empathy
- Communication
- Perspective taking
- Respectful disagreement
- Assertiveness
- Emotional management
- Problem solving

You play a vital role in helping your student develop strong social skills. During these next few weeks, the focus of the lessons will be empathy and communication. Ask questions about the skills your student is learning, such as:

- “How do you show someone you’re actively listening to them?”
- “What are some ways you can be an ally to someone?”
- “Why should you try to understand other people’s perspectives?”

If you have any questions about the curriculum, please do not hesitate to contact me for more information. Thank you for supporting your student in learning the skills that lead to success in school and in life.

Sincerely,
Ms. Laura Beecher
317 Homeroom

P.S. Make sure to join www.secondstep.org with the activation key SSP6 FAMI LY12 to watch videos about the Second Step program and get information about what your student is learning.