



Get Social Emotional Learning Into Your Kid's School

A Parent's Guide to Action

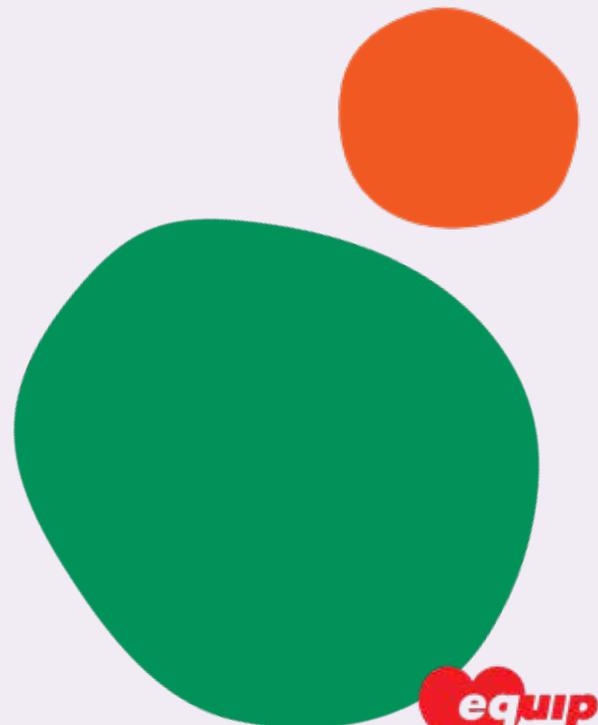




10 Reasons Why Your Kid's School Should Have SEL.

Decades of rigorous research show that teaching social emotional learning in schools has many positive outcomes. Here are ten.

1. Higher test scores
2. Higher high school graduation rates
3. Better learning environment
4. Stronger employability skills
5. Lower rates of anxiety and depression
6. Less substance abuse
7. Happier kids
8. Improved relationships
9. Less screen addiction
10. Less violence, bullying, and suicide





**75% of
Schools
Today Don't
Have SEL.**

**But 1%
Makes a
Difference.**

Stay with us for a little math.

There are 50 million enrolled public school students in the U.S (not counting private schools and homeschooling).

Only 25% of schools offer a comprehensive SEL curriculum.

That means that 75% of 50 million students - approximately 40 million kids - aren't getting SEL instruction as school.

But, if we increase SEL adoption by just one percent, that means another 400,000 kids—possibly including your kid—get the benefits of SEL.





+80% of Parents Want What SEL Offers for Their Kids.

A survey of 2,000 parents by YouGov and the Fordham Institute found that large majorities of parents support schools teaching SEL-related skills. This was true regardless of parents' politics or backgrounds.

93%

Set goals and work towards achieving them

91%

Approach challenges in a positive, optimistic way

91%

Believe in themselves and their abilities

86%

Navigate social situations

85%

Respond ethically

83%

Prepare to be an active, informed citizen

82%

Understand, express, and control their emotions

81%

Stand up for people of different backgrounds

81%

Empathize with the feelings of others





Five Signs That Your Kid's School Might Have SEL

1. Your kid is excited to go to school and happy when they come home.
2. You are proud of the good friends your kid has at school.
3. Your kid shows specific skills for tackling challenging subjects.
4. Doing homework is not a battle.
5. Your kid can talk about feelings as well as facts.

If this doesn't sound like your kid's school, but you wish it did, then you want SEL in your school.



10 Signs of Comprehensive SEL

CLASSROOM		Explicit SEL instruction	Students have consistent opportunities to cultivate, practice, and react on social and emotional competencies in ways that are developmentally appropriate and culturally responsive.
		SEL integrated with academic instruction	SEL objectives are integrated into instructional content and teaching strategies for academics, music, art, and physical education.
		Youth voice and engagement	Staff honor and elevate a broad range of student perspectives and experiences by engaging students as leaders, problem-solvers, and decisionmakers
SCHOOL		Supportive school and classroom climates	Schoolwide and classroom learning environments are supportive, culturally responsive, and focused on building relationships and community.
		Focus on adult SEL	Staff have regular opportunities to cultivate their own social, emotional, and cultural competence; collaborate with one another; build trusting relationships; and maintain a strong community.
		Supportive discipline	Discipline policies and practices are instructive, restorative, developmentally appropriate, and equitably applied.
		A continuum of integrated supports	SEL is seamlessly integrated into a continuum of academic and behavioral supports, which are available to ensure that all student needs are met.
FAMILY		Authentic family partnerships	Families and school staff have regular and meaningful opportunities to build relationships and collaborate to support students' social, emotional, and academic development.
		Aligned community partnerships	School staff and community partners align on common language, strategies, and communication around all SEL-related efforts and initiatives, including out-of-school time.
COMMUNITY		Systems for continuous improvement	Implementation and outcome data are collected and used to continuously improve all SEL-related systems, practices, and policies with a focus on equity.

SOURCE: CASEL.



Five People You Can Talk With to Get SEL Into Your Kid's School

Educators may seem overloaded and stressed. Many of them are. But they care about your kid and what you want for them. Parents asking for SEL in schools is the most effective way to make it happen.

Here are five people to potentially talk with about SEL in schools. You can find school contact information on school websites. We left some space for you to write information here in one central place.



Your kid's favorite teacher



Your kid's principal



Your district superintendent



A school board member or candidate



Other parents

Six Things to Say to Get SEL Into Your Kid's School:

1.

I want my kid's school to have a comprehensive approach to teaching social and emotional skills.

2.

Learning is about more than grades. Learning social and emotional skills is at least as important as academics.

3.

My kid won't be equipped for success in learning, work, and relationships without good emotional and interpersonal skills.

4.

ALL kids benefit from a school with a strong, comprehensive approach to social and emotional skills.

5.

I expect report cards, parent-teacher conferences, and other parent feedback to include information on my kid's social and emotional skills.

6.

I'm willing to support and share social and emotional skills lessons at home.



You know
who else
cares
about what
happens in
schools?

**Your
employer.**

Bonus: Talking About SEL at Work

Part of learning is preparing for adult roles at work. Having businesses ask schools to implement SEL is another powerful approach for change.

You can ask the following colleagues about supporting SEL in schools:

- **CEO**
- **Chief Human Resources Officer (CHRO)**
- **Chief Marketing Officer (CMO)**
- **Head of Community Relations**
- **Head of Charitable Giving**





Our Mission: Get SEL Into All PreK-12 Classrooms by 2030

EQuip Our Kids! is a national nonprofit campaign raising needed awareness about and support for EQ life skills, especially among parents and businesses.

We don't offer or endorse a particular product or approach. Plenty of great products and practitioners already exist. Rather, we work to promote broad adoption of teaching social and emotional skills. We believe this is our opportunity—and yours—for greatest impact.

Founded by civic-minded media, business and social entrepreneurs with no financial stake in the outcomes, our goal is comprehensive EQ life skills instruction in every U.S. pre-K-12 classroom by 2030.

