

## APPENDIX H

***SECOND STEP PROGRAM***

The *Second Step Program* teaches:

- Empathy
- Impulse control
- Problem solving
- Anger management

Curricula and family-education materials to prevent youth violence and promote social and emotional learning for preschool through grade 9 are designed to reduce impulsive and aggressive behavior in children, teach social and emotional skills, and build self-esteem.

A family component is available for pre-kindergarten and elemental levels. *A Family Guide to Second Step* strengthens the link between school and home and improves students' ability to use social skills in their daily lives.

Information regarding the *Second Step Program* is available by writing to:

Committee for Children  
2203 Airport Way South, Suite 500  
Seattle WA 98134-2035  
Toll-free: (800) 634-4449  
FAX: (206) 343-1445