

# TST Youth Development Program



## ALIGNMENT CHART: FIFTH GRADE NEW YORK STATE FRAMEWORK FOR MENTAL HEALTH EDUCATION INSTRUCTION SECOND STEP®

### Introduction to Second Step®

Second Step® is a universal, classroom-based program designed to increase students' school success and decrease problem behaviors by promoting social-emotional competence and self-regulation.

### NYS Framework for Mental Health Education Instruction

The New York State Framework for Mental Health Education Instruction supports the New York State Health Education Learning Standards. NYSED recommends schools utilize this resource to develop or adopt their own curriculum aligned with the current New York State Learning Standards. To access framework, please click [here](#) (rubric is on page 12).

The following illustrates how the evidence-based Second Step® FIFTH GRADE curriculum aligns with the New York State Framework for Mental Health Education Instruction. Click [here](#) to access the Fifth Grade Scope and Sequence.

Second Step® Lesson	Lesson Concepts	Standard Addressed (NYS Framework for M.H. Education)
<b>Unit 1: Empathy and Skills for Learning</b>		
<b>Lesson 1: EMPATHY AND RESPECT</b>	<ul style="list-style-type: none"> <li>The <i>Second Step</i> program helps you succeed at school</li> <li>Having respect and empathy helps you get along with others</li> </ul>	<b>Relationships-</b> <b>2A. Communication Skills</b> <b>LEa.</b> Communication is expressed verbally and non-verbally <b>LEb.</b> Individuals' body language and tone of voice can influence the words being spoken <b>LEc.</b> Individuals demonstrate how to effectively communicate needs, wants, and feelings in healthy ways <b>2B. Empathy, Compassion, Acceptance</b> <b>LEa.</b> Empathy, compassion, and acceptance of differences are essential components of healthy relationships <b>LEb.</b> Individuals explain the importance of respecting personal space and the boundaries of others
<b>Lesson 2: LISTENING WITH ATTENTION</b>	<ul style="list-style-type: none"> <li>Listening with attention helps you learn, work with others, and make friends</li> </ul>	
<b>Lesson 3: BEING ASSERTIVE</b>	<ul style="list-style-type: none"> <li>Being assertive means asking for what you want or need in a calm, firm, respectful voice</li> <li>Being assertive helps you be successful in a variety of social and academic situations</li> </ul>	<b>Relationships-</b> <b>2A. Communication Skills</b> <b>LEa.</b> Communication is expressed verbally and non-verbally <b>LEb.</b> Individuals' body language and tone of voice can influence the words being spoken <b>LEc.</b> Individuals demonstrate how to effectively communicate needs, wants, and feelings in healthy ways

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<b>Unit 1: Empathy and Skills for Learning</b>		
<b>Lesson 4: PREDICTING FEELINGS</b>	<ul style="list-style-type: none"> <li>Being able to predict how what you do or say might make other people feel is respectful and will help you get along better with others</li> </ul>	<p><b>Self-Management</b></p> <p><b>1C. Feelings</b>  <b>LEa.</b> Individuals identify different feelings and when one might experience these feelings and how long the feelings are likely to last  <b>LEb.</b> Individuals describe the relationship between feelings and behavior; Individuals can develop healthy ways to identify, express and respond to their emotions; this is an important part of self-care and can impact mental health</p> <p><b>Relationships</b></p> <p><b>2B. Empathy, Compassion, Acceptance</b>  <b>LEa.</b> Empathy, compassion, and acceptance of differences are essential components of healthy relationships  <b>LEb.</b> Individuals explain the importance of respecting personal space and the boundaries of others</p>
<b>Lesson 5: TAKING OTHERS' PERSPECTIVES</b>	<ul style="list-style-type: none"> <li>Others may have different perspectives</li> <li>Being able to recognize someone else's perspective helps you get along with others</li> </ul>	<p><b>Relationships</b></p> <p><b>2B. Empathy, Compassion, Acceptance</b>  <b>LEa.</b> Empathy, compassion, and acceptance of differences are essential components of healthy relationships  <b>LEb.</b> Individuals explain the importance of respecting personal space and the boundaries of others</p>
<b>Lesson 6: ACCEPTING DIFFERENCES</b>	<ul style="list-style-type: none"> <li>Accepting differences and finding similarities can create mutual respect and friendship</li> </ul>	<p><b>Relationships</b></p> <p><b>2B. Empathy, Compassion, Acceptance</b>  <b>LEa.</b> Empathy, compassion, and acceptance of differences are essential components of healthy relationships  <b>LEb.</b> Individuals explain the importance of respecting personal space and the boundaries of others</p>
<b>Lesson 7: DISAGREEING RESPECTFULLY</b>	<ul style="list-style-type: none"> <li>Disagreeing respectfully involves using Assertiveness Skills</li> <li>Disagreeing respectfully helps you strengthen your relationships, avoid misunderstandings, and prevent aggressive conflicts</li> </ul>	<p><b>Relationships</b></p> <p><b>2A. Communication Skills</b>  <b>LEc.</b> Individuals demonstrate how to effectively communicate needs, wants, and feelings in healthy ways  <b>LEd.</b> Social connections to one or more close individuals are important to the promotion and maintenance of mental health</p> <p><b>2B. Empathy, Compassion, Acceptance</b>  <b>LEa.</b> Empathy, compassion, and acceptance of differences are essential components of healthy relationships  <b>LEb.</b> Individuals explain the importance of respecting personal space and the boundaries of others</p> <p><b>2C. Gratitude, Forgiveness</b>  <b>LEa.</b> Gratitude (a feeling of appreciation or thanks) and forgiveness, when warranted, are relationship building skills individuals can learn/foster and may provide benefit for one's mental health</p>

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<b>Unit 1: Empathy and Skills for Learning</b>		
<b>Lesson 8: RESPONDING WITH COMPASSION</b>	<ul style="list-style-type: none"> <li>• <i>Compassion</i> is saying kind words or doing something to show you care about how another person feels</li> <li>• Showing compassion for others is the respectful, kind thing to do</li> <li>• Having empathy helps you show compassion</li> </ul>	<b>Relationships</b> <b>2B. Empathy, Compassion, Acceptance</b> <b>LEa.</b> Empathy, compassion, and acceptance of differences are essential components of healthy relationships <b>2C. Gratitude, Forgiveness</b> <b>LEa.</b> Gratitude (a feeling of appreciation or thanks) and forgiveness, when warranted, are relationship building skills individuals can learn/foster and may provide benefit for one's mental health
<b>Unit 2: Emotion Management</b>		
<b>Lesson 9: INTRODUCING EMOTION MANAGEMENT</b>	<ul style="list-style-type: none"> <li>• When you have strong, unmanaged emotions, it can lead to negative behavior and consequences</li> </ul>	<b>Self-Management</b> <b>1C. Feelings</b> <b>LEb.</b> Individuals describe the relationship between feelings and behavior; Individuals can develop healthy ways to identify, express and respond to their emotions; this is an important part of self-care and can impact mental health
<b>Lesson 10: CALMING DOWN</b>	<ul style="list-style-type: none"> <li>• Calming down emotions that are getting out of control helps you think clearly so you can avoid negative consequences</li> </ul>	<b>Self-Management</b> <b>1C. Feelings</b> <b>LEb.</b> Individuals describe the relationship between feelings and behavior; Individuals can develop healthy ways to identify, express and respond to their emotions; this is an important part of self-care and can impact mental health
<b>Lesson 11: MANAGING ANXIETY</b>	<ul style="list-style-type: none"> <li>• Managing your anxiety effectively makes it easier to focus and succeed in social and academic situations</li> </ul>	<b>Self-Management</b> <b>1C. Feelings</b> <b>LEb.</b> Individuals describe the relationship between feelings and behavior; Individuals can develop healthy ways to identify, express and respond to their emotions; this is an important part of self-care and can impact mental health
<b>Lesson 12: MANAGING FRUSTRATION</b>	<ul style="list-style-type: none"> <li>• Frustration can get in the way of learning</li> <li>• Managing frustration reduces the chance of doing something you may later regret</li> </ul>	<b>Self-Management</b> <b>1B. Resiliency</b> <b>LEc.</b> Failures, difficulties and non-successes often provide individuals with learning experiences <b>1C. Feelings</b> <b>LEb.</b> Individuals describe the relationship between feelings and behavior; Individuals can develop healthy ways to identify, express and respond to their emotions; this is an important part of self-care and can impact mental health
<b>Lesson 13: RESISTING REVENGE</b>	<ul style="list-style-type: none"> <li>• Getting revenge can make problems worse</li> </ul>	<b>Self-Management</b> <b>1C. Feelings</b> <b>LEb.</b> Individuals describe the relationship between feelings and behavior; Individuals can develop healthy ways to identify, express and respond to their emotions; this is an important part of self-care and can impact mental health

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<b>Unit 2: Emotion Management</b>		
<b>Lesson 14: HANDLING PUT-DOWNS</b>	<ul style="list-style-type: none"> <li>Calming down helps you handle put-downs and avoid escalating conflicts</li> </ul>	<b>Self-Management</b> <b>1C. Feelings</b> <b>LEb.</b> Individuals describe the relationship between feelings and behavior; Individuals can develop healthy ways to identify, express and respond to their emotions; this is an important part of self-care and can impact mental health
<b>Lesson 15: AVOIDING ASSUMPTIONS</b>	<ul style="list-style-type: none"> <li>Calming down strong emotions helps you think clearly about a situation and make better decisions</li> </ul>	<b>Self-Management</b> <b>1C. Feelings</b> <b>LEb.</b> Individuals describe the relationship between feelings and behavior; Individuals can develop healthy ways to identify, express and respond to their emotions; this is an important part of self-care and can impact mental health
<b>Unit 3: Problem Solving</b>		
<b>Lesson 16: SOLVING PROBLEMS, PART 1</b>	<ul style="list-style-type: none"> <li>Solving problems helps you be successful at school</li> </ul>	<b>Self-Management</b> <b>1C. Feelings</b> <b>LEb.</b> Individuals describe the relationship between feelings and behavior; Individuals can develop healthy ways to identify, express and respond to their emotions; this is an important part of self-care and can impact mental health  <b>Relationships</b> <b>2A. Communication Skills</b> <b>LEc.</b> Individuals demonstrate how to effectively communicate needs, wants, and feelings in healthy ways
<b>Lesson 17: SOLVING PROBLEMS, PART 2</b>	<ul style="list-style-type: none"> <li>Solving problems helps you be successful at school</li> </ul>	<b>Self-Management</b> <b>1C. Feelings</b> <b>LEb.</b> Individuals describe the relationship between feelings and behavior; Individuals can develop healthy ways to identify, express and respond to their emotions; this is an important part of self-care and can impact mental health  <b>Relationships</b> <b>2A. Communication Skills</b> <b>LEc.</b> Individuals demonstrate how to effectively communicate needs, wants, and feelings in healthy ways
<b>Lesson 18: MAKING A PLAN</b>	<ul style="list-style-type: none"> <li>Some solutions to problems are complicated and need a plan</li> <li>Plans help you break down a big task into smaller, more manageable parts</li> </ul>	

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<b>Unit 3: Problem Solving</b>		
<b>Lesson 19: SEEKING HELP</b>	<ul style="list-style-type: none"> <li>Seeking help from a trusted adult is sometimes the best solution</li> </ul>	<p><b>Resource Management</b></p> <p><b>3B. When to ask for help for self and others</b>  <b>LEa.</b> Individuals will recognize the difference between a situation that requires immediate attention and one that can wait  <b>LEb.</b> Individuals can decide when help is needed and when it is not needed to make a decision related to mental and emotional health</p> <p><b>3C. Where to ask for help for self and others</b>  <b>LEa.</b> There are safe, trusted adults in school and at home, as well as within the community, to help individuals with their mental health needs</p> <p><b>3D. How to ask for help for self and others</b>  <b>LEa.</b> Individuals identify characteristics of a trusted adult in school, at home, and in the community; this is the first step in accessing help  <b>LEb.</b> Individuals identify trusted adults with whom they can share feelings</p>
<b>Lesson 20: DEALING WITH GOSSIP</b>	<ul style="list-style-type: none"> <li>Malicious gossip is hurtful and not respectful to others</li> </ul>	<p><b>Self-Management</b></p> <p><b>1C. Feelings</b>  <b>LEb.</b> Individuals describe the relationship between feelings and behavior; Individuals can develop healthy ways to identify, express and respond to their emotions; this is an important part of self-care and can impact mental health</p> <p><b>Relationships</b></p> <p><b>2A. Communication Skills</b>  <b>LEc.</b> Individuals demonstrate how to effectively communicate needs, wants, and feelings in healthy ways</p>
<b>Lesson 21: DEALING WITH PEER PRESSURE</b>	<ul style="list-style-type: none"> <li>It is okay to say no to others, and it is okay for them to say no to you</li> <li>Negative emotions like guilt and remorse can be reasons not to go along with peer pressure</li> </ul>	<p><b>Self-Management</b></p> <p><b>1C. Feelings</b>  <b>LEb.</b> Individuals describe the relationship between feelings and behavior; Individuals can develop healthy ways to identify, express and respond to their emotions; this is an important part of self-care and can impact mental health</p> <p><b>Relationships</b></p> <p><b>2A. Communication Skills</b>  <b>LEc.</b> Individuals demonstrate how to effectively communicate needs, wants, and feelings in healthy ways</p> <p><b>2B. Empathy, Compassion, Acceptance</b>  <b>LEa.</b> Empathy, compassion, and acceptance of differences are essential components of healthy relationships  <b>LEb.</b> Individuals explain the importance of respecting personal space and the boundaries of others</p>
<b>Lesson 22: REVIEWING SECOND STEP SKILLS</b>	<ul style="list-style-type: none"> <li>The skills and concepts learned in the <i>Second Step</i> program can help you succeed in school</li> </ul>	All of the above listed standards will be reviewed