

# Key Points of Information

# SOCIAL EMOTIONAL LEARNING



Public School Defenders Hub 2023

**1**

- SEL helps students build social and emotional skills to enhance their learning and well-being.
- SEL is a proactive and preventative approach to mental health using evidence-based public health models.
- Decades of research demonstrate the value of SEL in schools.

Social emotional skills include

- Self-awareness
- Self-management (emotional and behavioral regulation)
- Responsible decision-making
- Social awareness
- Relationship skills
- SEL is most commonly taught via classroom lessons with opportunities for practice.

**2**

**3**

- There was a mental health crisis among children before COVID; the pandemic has intensified the need for SEL more than ever.
- Social-emotional skills are important for students to learn learning and to become upstanding citizens.
- SEL in schools does not replace family or cultural values but provides a foundation for basic human social-emotional skills.
- SEL conveys no political ideologies.
- SEL skills help children (and adults) listen to others, communicate effectively, and respect people and differences.

- SEL is not curriculum content; therefore, it has nothing to do with "Critical Race Theory" (CRT).
- SEL provides skills accessible to all students, at any intensity they need, delivered equitably in ways that are culturally relevant and appropriate.
- Some who complain against SEL don't really know what it is, so they may be linking it to CRT because they are scared of it.

**4**

**5**

- Social and emotional learning improves academic achievement, and that has been proven over decades.
- Parents overwhelmingly support social and emotional learning.