

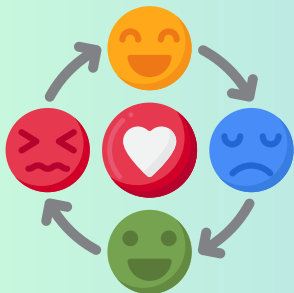
WHY SEL SKILLS MATTER?

DID YOU KNOW? ADOLESCENTS ARE...

Undergoing development changes in the brain that shift how they interact with peers and adults



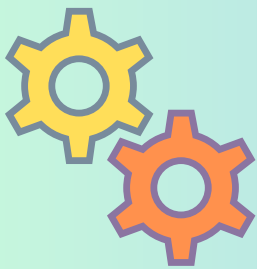
Experiencing a changing and more complex social world



Developing the ability to reevaluate their emotional responses to social situations.



Taking on more adult roles and responsibilities



Improving their capacity to understand and engage in complex social interactions



Forming new types of relationships (romantic, professional, deeper friendships)



Increasingly sensitive to evaluation from others



Understanding themselves and how they fit within larger social contexts



Shifting behavior based on peer influence and adult presence



Navigating cultural influences and societal expectations

These developmental changes and shifting social environments impact academic learning. Educators can help students navigate these changes by supporting the development of social and emotional skills.

Students with social and emotional skills are...

SELF-AWARE

REGULATING EMOTIONS

SOCIALLY AWARE

MANAGING RELATIONSHIPS

MAKING RESPONSIBLE DECISIONS