

Social and Emotional Learning (SEL) Key Messages



Social and emotional learning (SEL) is the process through which all young people and adults acquire and apply the knowledge, skills, and attitudes to develop healthy identities, manage emotions and achieve personal and collective goals, feel and show empathy for others, establish and maintain supportive relationships, and make responsible and caring decisions.

In other words, it's how our children develop essential skills that help them succeed in school and navigate their lives. SEL has never been more important as families and schools work to support children's academic recovery, mental well-being, and safety.

Here are three core messages to communicate about the importance of SEL:

SEL Core Message 1

Social and emotional learning improves academic achievement.

- Hundreds of independent studies show social and emotional learning contributes to academic performance and readiness.
- Social and emotional skills help students focus and persist through challenging content.
- Social and emotional learning makes classrooms more productive and engaging for all students.

SEL Core Message 2

Social and emotional learning builds lifelong, future-ready skills that allow children to pursue their hopes and dreams.

- Social and emotional learning helps students develop practical skills, such as teamwork and conflict resolution, that they need for:
 - College and career success
 - Happier, healthier lives
 - Stronger relationships and communities
- Social and emotional learning helps young people turn aspirations into plans.

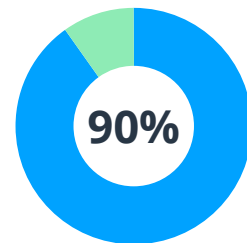
SEL Core Message 3

Social and emotional learning is a critical layer of prevention for children's mental wellness.

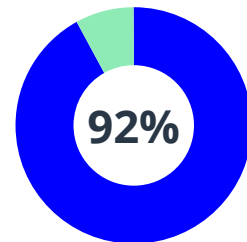
- If we care about the well-being of children, we must work together to support their social and emotional learning.
- With the rise of mental health concerns, cyberbullying, and school safety issues, social and emotional learning has never been more important. Our students' well-being and futures rest on what we do in this moment.

For more resources, visit LeadingWithSEL.org or use this [presentation template](#) to make the case for SEL.

"Social and emotional learning is a true extension of our parenting values and our parent goals—at the very heart of them."
—Mari Terczak (Michigan parent)



About **90 percent** of teachers agree that promoting social and emotional learning improves students' academic achievement.



92 percent of **employers** say social and emotional skills such as problem-solving and communicating clearly are equal to or more important than technical skills.



Research shows social and emotional learning helps young people **cope with stresses** and helps **reduce symptoms** of depression and anxiety.