The benefits of social and emotional learning (SEL) are well-researched, with evidence demonstrating that an education that promotes SEL yields positive results for students, adults, and school communities. This summary of the benefits can support your conversations with stakeholders.

**SEL LEADS TO IMPROVED ACADEMIC OUTCOMES AND BEHAVIORS**

Hundreds of studies offer consistent evidence that SEL bolsters academic performance and benefits students.

- SEL interventions that address the five core competencies increased students’ academic performance by 11 percentile points, compared to students who did not participate.
- Students participating in SEL programs showed improved: classroom behavior, ability to manage stress and depression, and attitudes about themselves, others, and school.

**SEL BENEFITS ARE LONG-TERM AND GLOBAL**

SEL implementation has long-term positive outcomes and is effective across diverse cultural contexts.

- Social and emotional benefits developed through SEL programs are positively correlated with higher levels of well-being up to 18 years later.
- SEL approaches are consistently effective with all demographic groups, supporting the positive development of students across diverse backgrounds.
- The positive effects are even stronger when SEL implementation is designed with a specific context or culture in mind, emphasizing the importance of a tailored approach.

**SEL IS A WISE FINANCIAL INVESTMENT**

Cost-benefit research demonstrates the value of SEL programs.

- An average return on investment for six evidence-based programs was 11 to 1, meaning every dollar invested produced $11 worth of benefits.

**SOCIAL AND EMOTIONAL SKILLS HELP IMPROVE LIFETIME OUTCOMES**

There are statistically significant associations between social and emotional skills in kindergarten and key outcomes for young adults years later.

- Social and emotional skills decreased the likelihood of living in or being on a waiting list for public housing, receiving public assistance, having any involvement with police before adulthood, and ever spending time in a detention facility.