

5 KEY MESSAGES TO COMMUNICATE ABOUT SEL

Social and Emotional Learning (SEL) is important for all students. Schools, families, and communities work together to decide how to implement SEL based on their shared goals, priorities and needs. To begin those conversations, it's helpful to align stakeholders around a clear understanding of the definition of SEL and why it's important.



SEL SUPPORTS HEALTHY HUMAN DEVELOPMENT

[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.

THE EVIDENCE FOR SEL IS CLEAR

SEL promotes skills that help all individuals thrive, and establishes supportive learning environments where all students feel engaged, motivated, and a sense of belonging. Decades of research demonstrate that students participating in SEL programs show improved academic performance, relationships, and behaviors.

SEL IS PART OF A HIGH-QUALITY EDUCATION

SEL implementation can take many forms but often includes building positive relationships among students and adults, dedicated time to learn social and emotional skills like goal-setting and perspective-taking, and opportunities for students to practice reflection and collaboration during academic subjects.

SEL SUPPORTS LOCAL PRIORITIES AND IS NOT ONE-SIZE FITS ALL

SEL is part of a high-quality education for all students that can support many priorities and goals, such as college and career success, civic engagement, and mental wellness. How SEL is implemented and what skills are emphasized should be driven by local decision-making and tailored to the local priorities, cultures, and needs.

SEL BRINGS SCHOOLS, FAMILIES, AND COMMUNITIES TOGETHER

When schools, families, and community partners work together to prioritize SEL, we can make sure all students have rich opportunities to learn and practice important skills that help them collaborate, solve problems, and succeed in school, college, career and life.