The Importance of Social and Emotional Skills to Improve Health and Safety

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Think of someone that you would identify as successful.
Think of someone that you would identify as unsuccessful.
Why are they different?
Social and Emotional Skills
Self-Awareness

Self-Management

Social Awareness


Relationship Skills
Responsible Decision Making

Social and Emotional Competencies

- Self-Management
- Self-Awareness
- Social Awareness
- Relationship Skills
- Responsible Decision Making

# Social and Emotional Skills and Competencies

<table>
<thead>
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https://casel.org/what-is-sel/
Positive Youth Outcomes

Hawkins, Guo, Hill, Battin-Pearson, & Abbott, 2001
Wilson, Gottfredson, & Najaka, 2001
Dusenbury, Falco, Lake, Brannigan, & Bosworth, 1997
Positive Youth Outcomes

- connection to school
- commitment to school
- violent behavior
- school suspensions
- school truancy
- dropout
- delinquency
- alcohol and drug use
- conduct problems

Hawkins, Guo, Hill, Battin-Pearson, & Abbott, 2001
Flay & Allred, 2003
Wilson, Gottfredson, & Najaka, 2001

Academic Outcomes
Academic Outcomes

• 11 percentile-point gain in academic achievement

Intermediate Outcomes

Intermediate Outcomes

- 13 percentile-point gain in academic achievement
- reduced:
  - conduct problems
  - emotional distress
  - drug use
- benefits regardless of race, socioeconomic background, or school location
Long-Term Outcomes

Long-Term Outcomes

- four times more likely to attain a college degree
- more likely to have a full-time job at age 25
- lower chance of substance abuse or getting into trouble with the law as an adult

Cross Culture

Cross Culture

Outcomes:
- college completion
- job attainment
- health
- civic engagement

Workplaces

Return on Investment

$11 for every $1 Invested

External \rightarrow Internal

Bear & Watkins, 2006
Parents with high social and emotional skills were 4 times more likely to engage in best practices relative to parents with low skills.

3 Skills a Parent Should Have to Help Their Child be Successful

93% were social and emotional skills
3 Skills Your Child Should Have to be Successful

90% were social and emotional skills
Explore How Positive Culture Improves Health and Safety
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How are your current programs or strategies addressing these skills?
How might your programs or strategies be bolstered by connecting to other programs or strategies?
What are important next steps?