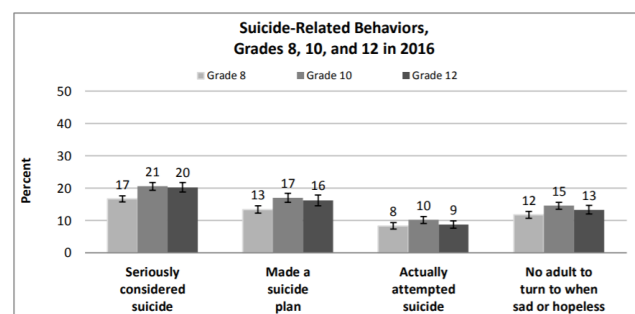
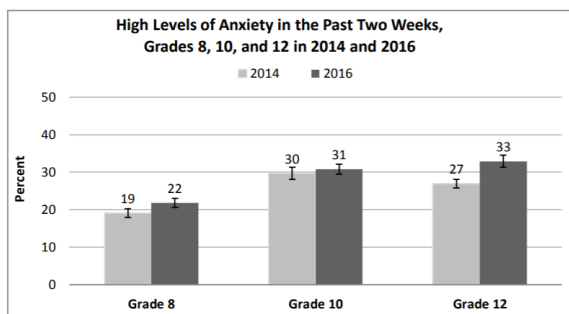


When social emotional learning (SEL) and trauma-informed practices are used in our public schools, students do better academically and emotionally, and school climate improves^{1,2}. Without strong social and emotional supports, students are at risk of bullying, trauma, depression, interpersonal violence, suicide, substance abuse, truancy, and dropout. SEL is not a trend – it’s an evidence-based approach that recognizes the process of learning is inherently social and emotional, and that emotions and relationships directly affect how students learn and how they apply that learning contextually.¹

Background

- Trauma is a predictor of academic failure and chronic disease and affects 25-33% of all children.³
- The 2016 Washington State Healthy Youth Survey reveals concerning school climate issues (bullying, feeling unsafe) and anxiety and suicide-related behaviors of middle and high school students.⁴



Why does teaching Social Emotional Learning, and using Trauma Informed Practices, in schools help?⁵

- Schools are social places - relationships provide foundation for learning.
- Reduces barriers to learning such as stress and anxiety.
- Supports a positive school climate, which allows students to feel safe, be engaged and be respected.

Social Emotional Learning supports Academics. Schools who recognize and implement Social Emotional Learning programs see⁵:

- 11% improvement in achievement test scores.
- 9% decrease in conduct problems, such as classroom misbehavior and aggression.
- 10% decrease in emotional distress, such as anxiety and depression.
- 9% improvement in attitudes about self, others, and school.
- 9% improvement in classroom behavior.

Proposed Solutions

The Washington State PTA shall support legislation or policies that integrate Social Emotional Learning and Trauma-Informed Practices in the education system, including:

- Provide pre-service and in-service educator and administrator training;
- Increase partnerships with after-school providers and community partners;
- Ensure staffing levels meet the needs of students and support student learning, including but not limited to: psychologists, counselors, family and community engagement coordinators, social workers, speech-language pathologist, behavior specialists and nurses;
- Support adoption of the Washington State SEL framework.

For More Information

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For more information on the WSPTA advocacy program, please visit our website (www.wastatepta.org)

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