



Evidence-Based Second Step® K-8 Digital Programs

Proven to Positively Impact Students

After several independent studies representing more than 25,000 students from across the country, Second Step® K-8 digital programs are now evidence-based! After just one year, researchers found that these programs delivered critically important outcomes for students, including:

Second Step® Elementary Digital Program	Second Step® Middle School
• Improved academic motivation • Improved school climate (increase in schoolwide prosocial behaviors and parent involvement) • Improved self-management • Decreased out-of-school suspensions	• Improved school climate, school belonging, and teacher-student relationships • Increased academic improvement in ELA • Fewer office disciplinary referrals and suspensions • 2.5 more days of attendance compared to students in the control group

And things only got better in the second year of program implementation!

More About These Robust Studies

Four independent studies, conducted by an external evaluator, demonstrate the effectiveness of Second Step K-8 digital programs for elementary and middle school students. Overall, the studies showed that when teachers implemented the programs with fidelity, it resulted in greater improvements in students' behavior, skills for learning, and school climate.

The dataset included 242 schools in California, North Carolina, and South Carolina. The four studies involve large and diverse student populations across demographics, validating the ability of Second Step programs to make meaningful improvements on schools nationwide.

A Growing Family of Evidence-Based Programs

With these latest findings, Second Step K-8 digital programs and EL-5 kit-based programs* are now evidence-based, for classrooms as well as out-of-school time settings.

Our Commitment to Research

Research-backed and evidence-based program development and student-centered continuous improvement have been at our core since we began developing programs over 40 years ago.

Learn more about how our evidence-based programs can positively impact your students.



* Evidence-based kits: Second Step® Early Learning, Second Step® Elementary, and Second Step® Out-of-School Time