

GREAT FUTURES START **HERE.**



Team Tailgate

Social-Emotional Development?

Social-Emotional Development is important for children as they grow to understand who they are, what and how they are feeling, and what to expect when interacting with others. This growth and development allows children to form and sustain positive relationships, experience and manage emotions, and explore and engage with their environment. Recent research from BGCA's National Youth Outcomes Initiative (NYOI) strongly demonstrates that when Club staff and volunteers implement a high-quality Club Experience, Boys & Girls Clubs can increase their positive impact on young people and drive stronger outcomes for youth.

What is Social-Emotional Development?

Social-Emotional Development (SED) focuses on the relationships we share with others, recognize and understand our own feelings, and the ability to express thoughts and feelings in socially appropriate ways. Having a solid foundation of SED can improve youth development, their readiness to learn, selfconfidence, and behavior and academic performance. SED educates hearts, inspires minds, and helps youth navigate the world more effectively.

- **SED for youth consists of three core competencies** ○ Healthy relationships ○ Emotional regulation ○ Responsible decision-making

Healthy Skills for the Three Core Competencies

Skills for healthy relationships with themselves

- Children have accurate self-perception
- They are able to identify their own emotions and recognize their strengths
- Self-confidence and self-efficacy begins to build

Skills for healthy relationships with others

- Children begin to show empathy and respect for others
- Communication, teamwork, and relationship-building becomes more prevalent - Children begin appreciating diversity

Skills for the regulation of emotions

- Children begin to regulate impulse control and self-discipline
- They also learn to manage stress and begin to self-motivate

Skills for responsible decision making

- Children begin to identify and analyze problems/situations to solve

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- They begin to evaluate, reflect, and organize the world around them
- They learn time-management, goal setting, and how to be ethically responsible

Facilitating SED Growth

The Club is an ideal setting for helping young people develop social-emotional competencies and we can facilitate it through their club experience. Growth of SED is seen when our Club climate:

- **Feels physically and emotionally safe** ○ Recognize and address conflict/ negative behavior by identifying the cause of the behavior
 - Give youth the opportunity to share perspective, emotions, and guide them toward solutions
- **Have caring adults who set expectations, give support, and recognition to members** ○ Greet members throughout the day using warm tones of voice and respectful language ○ Discuss rules and limits
 - Provide unsolicited positive feedback for effort, accomplishment, risk-taking or improvement
- **Provides opportunities to try new things** ○ Allow members to make choices within programs/activities to shape the direction of the experience.
 - Balance activity types with youth-led, adult-directed, and self-directed activities
- **Has a sense of belonging at the Club** ○ Include time for members to share what they are doing, thinking and have learned with others
 - Get to know all students as individuals; establishing relationships on trust and support
 - Include and plan time for members to connect and get to know each other
- **HAVE FUN AT THE CLUB!**
 - Allow members to express themselves and their joy
 - Members can practice social and emotional skills while having fun throughout the day