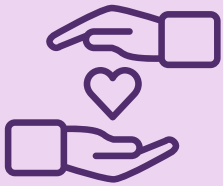


### What the YDI Measures

- Emotion Regulation
- Empathy
- Perspective Taking
- Prosocial Behaviour
- Gratitude
- Externalizing Behaviour
- Self-Concept (Self-Esteem)
- Purpose & Meaning
- Growth Mindset
- Executive Functioning (Cognitive Function)

Social and emotional development encompasses the knowledge, attitudes, and skills involved in regulating emotions, positive goal-setting, developing healthy relationships, responsible decision-making, and effective problem-solving (Mahoney et al., 2020). These competencies are necessary for successfully navigating the social and emotional challenges that accompany the period of youth and emerging adulthood. In addition to supporting positive youth development, gaining social and emotional skills has been associated with decreased mental health symptoms and aggression (Sancassiani et al., 2015). On the 2022 YDI, most youth reported mid- to high-levels of empathy (74.3%), and self-concept (80%). However, 48% of youth scored low on the executive functioning scale that measured youth's ability for planning, self-control, and self-monitoring. These cognitive skills are important for every aspect of youths' lives, including stress management (Diamond & Ling, 2016).



Strong student-teacher relationships and caring classroom and school communities are fundamental for supporting students' social and emotional competencies (Pianta, 2016). **Teacher and administrator well-being** play a critical role in creating a positive school environment and supporting student social and emotional development (Jennings & Greenberg, 2009). When adults at school feel cared for and supported by colleagues, they are better able to care for their students (Zakrzewski, 2020).

**Action Ideas:** Educator well-being programs such as [CARE for Teachers](#) and [SMART-in-Education](#) improve teacher well-being, reduce feelings of burnout, and increase feelings of efficacy (Sauve & Schonert-Reichl, 2019).



**A positive school environment** is foundational for students' social and emotional development. Close and caring relationships with teachers and school staff contribute to students' social and emotional development whereas conflict with teachers impedes healthy development and contributes to poor mental health (Kincade et al., 2020). Even small gestures, such as knowing students' names and greeting them with enthusiasm when they enter the classroom, contribute to their well-being (Sauve & Schonert-Reichl, 2019).

#### Action Ideas:

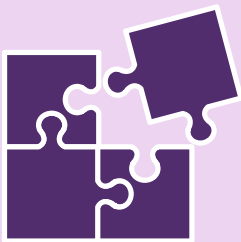
- Check out the Federation of Independent School Association BC (FISA BC)'s [wellbeingbc.ca](http://wellbeingbc.ca) resource for assessing and supporting a positive school climate.
- The [Random Acts of Kindness Foundation](#) offers resources for promoting kindness in school settings.



**Social and emotional learning (SEL)** builds the knowledge, attitudes, and skills needed to develop healthy identities, effectively manage emotions, feel and show empathy for others, achieve personal and collective goals, create and maintain supportive relationships, and make responsible, caring decisions (Mahoney et al., 2020). School-based SEL programs are an effective strategy for promoting social and emotional development among youth. Implementing school-based SEL programs leads to significant improvements in social and emotional skills, prosocial behaviour, positive school climate, academic performance, and significant decreases in behavioural issues, emotional distress, school dropout, and drug use (Greenberg, 2023).

**Action Ideas:**

- SEL programs are not one-size-fits-all. Look for evidence-based programs that make sense for your school culture and context. The Collaborative for Academic, Social, and Emotional Learning (casel.org) offers tools to support your decision-making process, as well as a guide of programs shown to be effective when implemented well.
- Check out FISA's wellbeingbc.ca website to learn about SEL programs being offered throughout the province.
- In order for SEL programs to be successful, administrator, teacher, and student buy-in is key. Seek out feedback from these groups to identify programs that will work for your school.



A **systemic approach to SEL** is needed to ensure its sustainability and benefits for youth. SEL must be promoted at all levels of the school system, including among families and community partners (Mahoney et al., 2020). This can allow for increased consistency across settings and ensure SEL competencies that youth develop are reinforced in a variety of contexts.

Strong school-family partnerships are critical to the success of SEL (Epstein, 2018). It is important that parents and community members are provided with meaningful opportunities to contribute to the planning, decision-making and implementation of SEL programs, policies and other actions.

**Action Ideas:** Share SEL resources and programs with family and community members. Some examples include:

- Edutopia's parent resource guide to SEL,
- MindUP for Parents and Families,
- Dalai Lama Centre for Peace & Education's Heart-Mind Online for Families resource

Check out The Collaborative for Academic, Social, and Emotional Learning (casel.org) resources for building school-family partnerships and increasing awareness of SEL among parents and caregivers here.

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## Website Resources

CARE for Teachers: <https://1n5.org/initiative-care-for-teachers-mindfulness/>

SMART-in-Education: <https://passageworks.org/ourcourses/smart-in-education/>

FISA BC Well-being BC: <https://www.wellbeingbc.ca/images/school-toolkit/Well-Being-BC---Assesment-Tool---Workbook---Supportive-Environments.pdf>

Random Acts of Kindness, *Kindness at School Resources*: <https://www.randomactsofkindness.org/for-educators>.

CASEL Guide to SEL Programs: <https://pg.casel.org/review-programs/>

Collaborative for Academic , Social, and Emotional Learning (casel.org): <https://casel.org/fundamentals-of-sel/>

CASEL Guide to Schoolwide SEL: <https://schoolguide.casel.org/resource/the-casel-guide-to-schoolwide-sel-essentials/>

CASEL Guide to SEL with Parents & Families: <https://casel.org/systemic-implementation/sel-with-families-caregivers/>

Edutopia Parent Resources: <https://www.edutopia.org/SEL-parents-resources>

MindUP for Parents & Families: <https://mindup.org/mindup-for-families/>

Heart-Mind Online for Families: <https://www.heartmindonline.org/resources/for-families>

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