

Creating a Socially and Emotionally Responsive School

Often in our schools, students are burdened by different pressures that can impact their social and emotional health. As educators, our job is to help students succeed academically, while also nurturing their social and emotional health - two tasks that can often come into conflict with one another. The graphic organized and examples on this document are intended to help you think of ways to effectively educate your students while caring for their social and emotional health by identifying what pressures impact students and how teachers and schools can respond to these pressures.

I. Identify pressures on students.

Who/What is putting on pressure? What kind of pressure?		
<i>Teachers</i>	<i>Parents</i>	<i>Social/Peer</i>

II. Develop Responses to Pressures

Creating Responses to Ensure Social and Emotional Health	
<i>Structural (What structures will help?)</i>	<i>Relational (How can individuals cultivate relationships?)</i>



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I. Identify pressures on students.

Who/What is putting on pressure? What kind of pressure?		
Teachers	Parents	Social/Peer
<p><i>Academic Pressures</i></p> <p><i>Pressure to succeed in particular content</i></p> <p><i>Giving students' identities</i></p> <p><i>Teacher expectations (both high and low)</i></p>	<p><i>Pressure to succeed academically</i></p> <p><i>Parents expectations and creation of child's identity</i></p> <p><i>Demanding particular things of students without knowing what is going on in the school</i></p>	<p><i>Pressure to "succeed" and get a "good" job</i></p> <p><i>Pressure to fit in at school and do "what is expected"</i></p>

II. Develop Responses to Pressures

Creating Responses to Ensure Social and Emotional Health	
Structural (What structures will help?)	Relational (How can individuals cultivate relationships?)
<p><i>Changing grading structure to make grading less high stakes, so if students have a bad day it does not determine their grade</i></p> <ul style="list-style-type: none"> <i>I.e. Allow students to throw three assignments a quarter</i> <p><i>Create spaces for students to respond to content and difficult issues</i></p> <p><i>Develop a plan for social-emotional supports when students are having a difficult time that provides support and gets them back in the classroom</i></p> <p><i>Create school safety nets w/ adult accountability or peer-to-peer relationships</i></p> <p><i>Professional Development to support students' social-emotional health</i></p>	<p><i>Develop protocols for self-reflection</i></p> <ul style="list-style-type: none"> <i>What stress are you experiencing? How do you bring that into the classroom?</i> <i>What do you bring to the content? How does that impact students?</i> <p><i>Developing discussion with students - how do both parties take responsibility? How do we move forward?</i></p> <p><i>Create relationships outside of classroom setting</i></p> <ul style="list-style-type: none"> <i>Coaching</i> <i>After-school program</i> <p><i>Protocols for conversations for the future</i></p> <ul style="list-style-type: none"> <i>Map out students paths for the success they want</i> <p><i>Communicate and work with parents</i></p>

