

Second-Step Curriculum/DESSA Crosswalk

Created by Christopher Hughes, PPT 2008-2009

Domains of Second Step	Elements/Concepts of Second-Step	Items on the DESSA	PR	OT	GB	SO	DM	RS	SA	SM
Empathy	1. Identifying others' feelings and perspectives 2. Showing empathy	55. Express concern for another person. 71. Respond to another person's feelings.						✓ ✓		
Communication	1. Active Learning 2. Respecting others ideas 3. Explaining your perspective 4. Acting non-judgmentally 5. Assertive communication 6. Giving constructive feedback 7. Negotiating and compromising	2. Carry herself/ himself with confidence 11. Get along with different types of people. 14. Take an active role in learning. 16. Say good things about his/her classmates. 19. Respect another person's opinion. 22. Contribute to group efforts. 24. Act as a leader in a peer group. 25. Resolve a disagreement. 27. Share with others. 31. Cooperate with peers or siblings. 45. Show appreciation of others 49. Teach another person to do something. 56. Accept another choice when his/her first choice was unavailable. 62. Describe how he/she was feeling. 63. Give an opinion when asked. 64. Make a suggestion or request in a polite way. 65. Learn from experience	✓	✓ ✓	✓	✓ ✓ ✓ ✓ ✓	✓ ✓	✓ ✓ ✓	✓ ✓ ✓	✓
Bullying Prevention	1. Recognizing bullying 2. What to do if you're bullied 3. Bystander roles 4. Bystander responses 5. Reducing labeling and stereotyping 6. Recognizing warning signs for dating violence.	7. Speak about positive things. 11. Get along with different types of people. 20. Encourage positive behavior in others. 70. Offer to help somebody.	✓	✓		✓		✓		

Scale Key:

PR-Personal Responsibility OT-Optimistic Thinking GB-Goal-Directed Behavior SO-Social Awareness
 DM-Decision Making RS-Relationship Skills SA-Self-Awareness SM-Self-Management

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Emotion Management	1. Staying in control of emotions 2. Calming down strategies 3. Coping with stress	8. Cope well with insults and mean comments. 17. Act respectfully in a game or competition. 25. Resolve a disagreement 48. Act comfortable in a new situation. 60. Stay calm when faced with a challenge. 67. Adjust well to changes in plans. 72. Adjust well when going from one setting to another.	✓			✓	✓				✓	✓	✓	✓
Problem Solving/Decision Making	1. Analyzing the situation 2. Brainstorming options 3. Considering the options 4. Deciding on the best option 5. Making a plan 6. Evaluating the outcome	3. Keep trying when unsuccessful 9. Take steps to achieve goals. 13. Seek out additional knowledge or information. 15. Do things independently. 26. Show creativity in completing a task. 42. Show good judgment. 51. Perform the steps of a task in order. 52. Seek advice 53. Think before he/she acted. 57. Ask questions to clarify what he/she did not understand. 59. Ask somebody for feedback 63. Give an opinion when asked. 68. Show the ability to decide between right and wrong. 69. Use available resources (people or objects) to solve a problem.	✓			✓	✓	✓	✓		✓		✓	✓
Substance Abuse	1. Consequences of alcohol and other drugs. 2. Resistance strategies 3. Commitment to staying substance-free 4. Setting health, learning, and future goals	20. Encourage positive behavior in others. 35. Follow rules 36. Express high expectations for himself/herself. 37. Follow the example of a positive role model.	✓	✓							✓			

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The DESSA and the Second-Step Curriculum

44 items line up with the domains of the Second-Step curriculum.

28 items do not line up with the Second-Step curriculum.

PR-Personal Responsibility

- 1. Remember important information?
- 4. Handle her/his belongings with care?
- 6. Serve an important role at home or school?
- 21. Prepare for school, activities, or upcoming events?
- 23. Do routine tasks or chores without being reminded?
- 28. Get things done in a timely fashion?
- 32. Show care when doing a project or school work.

OT-Optimistic Thinking

- 5. Say good things about herself/himself?
- 10. Look forward to classes or activities at school?
- 30. Say good things about the future?

GB-Goal-Directed Behavior

- 12. Try to do her/his best?
- 18. Ask to take on additional work or responsibilities?
- 29. Seek out challenging tasks?
- 33. Work hard on projects?

SO-Social Awareness

- 34. Forgive somebody who hurt or upset her/him?

DM-Decision Making

- 39. Accept responsibility for what she/he did?
- 66. Follow the advice of a trusted adult?

RS-Relationship Skills

- 38. Compliment or congratulate somebody.
- 40. Do something nice for somebody?

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- 47. Greet a person in a polite way?
- 50. Attract positive attention from peers?
- 61. Attract positive attention from adults?

SA-Self Awareness

- 41. Make accurate statements about events in her/his life?
- 58. Show an awareness of her/his personal strengths?

SM-Self Management

- 43. Pay attention
- 44. Wait for her/his turn?
- 46. Focus on a task despite a problem or distraction?
- 54. Pass up something he/she wanted, or do something he/she did not like, to get something better in the future?

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