Johnny has 3 apples.
If Amélie takes 2 apples,

How will Johnny feel?
Key Finding #1:

Decrease in aggression

Aggressive children are at higher risk of depression, suicide attempts, alcohol and drug abuse, violent crimes, and neglectful and abusive parenting.

(Tremblay et al., 2004)
Key Finding #2:

Increase in social and emotional understanding

Students who participate in SEL programs have lower levels of stress and depression, fewer conduct problems and aggression and do better academically.

(Payton et al., 2008)
Key Finding #3

Creating more caring and supportive children

Quality relationships and perceived social support are powerful protective factors that increase resilience to negative and stressful experiences.

(Powers, Ressler, & Bradley, 2009)
Key Finding #4

Increase in knowledge of parenting and needs of babies

Sensitive and responsive caregivers in infancy and early childhood protects against stress and reduces vulnerability to future psychopathology.

(Luthar & Brown, 2007)
Key Finding #5

Lasting results

Improvements in behaviour were maintained up to three years after the end of the program.
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