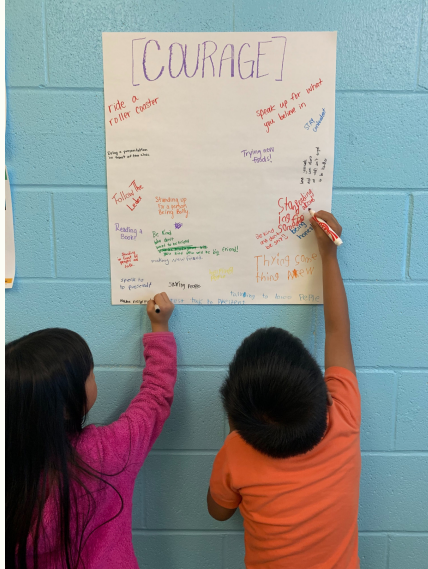




# What is SEL?

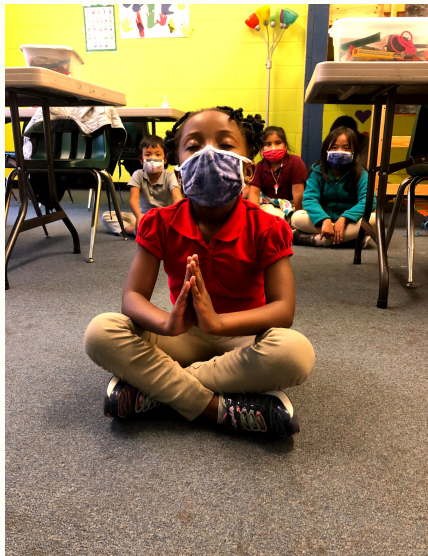
Social-Emotional Learning is a process all youth and adults go through as they develop healthy identities, allowing them to:

- Manage emotions
- Achieve goals
- Experience empathy
- Build relationships
- Make responsible decisions



Because of the adverse childhood experiences many of the refugee and immigrant youth we serve have faced, it can be difficult for them to trust, feel safe, learn, and grow.

At Nations Ministry, our youth staff use the research-based and nationally recognized Trust-Based Relational Intervention (TBRI) approach to help create a welcoming and safe environment for our students. This trauma-informed approach is designed to meet the complex needs of vulnerable children, like the youth we serve.



Through this trauma-informed learning environment, youth participate in activities designed to develop these 8 SEL competencies:

Click below to learn more about SEL and TBRI



**TBRI®**

- |                        |                         |
|------------------------|-------------------------|
| Self-Awareness         | Relationship Skills     |
| Self-Management        | Personal Responsibility |
| Goal-Directed Behavior | Decision Making         |
| Social-Awareness       | Optimistic Thinking     |