Lesson One: An Award-Winning and Evidence-Based Guide for Adults and Children to Help Prevent Violence and Promote Social and Academic Success

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Lesson One
January 23, 2019
Background

- Recognized at the White House as a model for safe schools
- Worked with and successfully evaluated by Harvard
- Schools implementing Lesson One have reported:
  - Up to a 50% increase in test scores
  - Up to an 80% decrease in suspensions
  - Being taken off “program improvement”
- The Substance Abuse Mental Health Services Administration (SAMHSA), an agency at the US Department of Health and Human Services recognized Lesson One as an evidence-based practice for mental health.
Trying Your Best

I will try my best. Even when I make mistakes, I learn from them. The most important thing is to keep trying.
Self-control is when I control what I do and what I say. When I use my self-control I do things that won't be harmful to myself and others. Using my self-control helps me follow directions, stay safe, do well, and be successful. When I use my self-control I feel happy inside.
Self-confidence is the great feeling I get when I use self-control and try my best. It’s up to me to tell myself when I’ve done a good job. It is important to show myself that I can sit, stand and speak with self-confidence.
Internalizing the Skills

• Defining: How do you teach social/emotional skills if they have not been clearly defined?

• Experiencing: Learning by doing; making the intangible, tangible; non-verbal activities

• Sharing: Putting adults on the “same page” as children.

• Process vs. Product
Celebration diversity

I will respect the diversity of all people. Whether we are the same or different on the outside, it's the person we are on the inside that counts.
Lesson One: The ABCs of Life, a Simon & Schuster Book

- Rave reviews from experts in the field of education, health and justice including Dr. James Comer of Yale, Marian Wright Edelman of the Children’s Defense Fund and Dr. Alvin Poussaint of Harvard
- Dedicated to Dick Van Dyke and Walt Disney.
Contact Information

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To see Lesson One in action, news stories, testimonials and other information:

www.lessonone.org

Jon Oliver leading self-control activity teaching children not to pop bubbles
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* Schools that welcome site visits to see Lesson One’s culture change in action

For additional info and recommendations, see our website at lessonone.org
Lesson One: Teaching skills that last a lifetime.

A CULTURAL DEVELOPMENT ECOSYSTEM FOR SUCCESS AT HOME, SCHOOL AND COMMUNITY.

Lesson One helps schools implement effective family engagement as they design themselves for successful School Cultural Development. We unite families, teachers and administrators so they can integrate social & academic skills through our evidence-based practice for mental health.

**Lessons**
- **Social and Emotional Learning**
- **Connection and Community**
- **Mindfulness & Resiliency**
- **Parent-Teacher Communication**
- **Collaborative Decision Making**
- **Inclusion and Equity**

**STRENGTHS**
- **Resilience**
- **Empathy**
- **Empowerment**
- **Confidence**
- **Respect**
- **Collaboration**

**METHODS**
- **Training and Support**
- **Reflection and Discussion**
- **Modeling and Observation**
- **Feedback and Evaluation**

**FAMILY ENGAGEMENT & SCHOOL CULTURAL DEVELOPMENT**

- Integration of Common Core Standards
- Social and Emotional Learning
- Climate of Safety and Anti-Bullying
- Focus on Time-On-Task Learning
- Use of Technology and Arts to Achieve Academically and Socially
- Best Practices used by Parents & School Staff
- Integration of Multi-Tiered System of Support and RTI Pyramid

- An Infrastructure and Foundation for PBIS and Restorative Justice
- Use of Brain Research and Mental Health Services
- Fidelity of Curriculum Implementation
- Strong Administrative & Family Leadership
- Connection Between Home and School
- Preparing Children for Life

Lesson One dramatically increases test scores and decreases suspensions, office referrals and bullying.*

*Nationally recognized by US Department of Health and Human Services as an evidence-based practice for Mental Health

* Schools working with Lesson One have reported up to an 80% reduction in suspensions and up to a 50% increase in standardized test scores.

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