



Social Emotional Learning in Children's Media

Definition of SEL

"SEL refers to the process of integrating thinking, feeling, and behaving in order to become aware of the self and others, make responsible decisions, and manage one's own behaviors and those of others."

– Mark Brackett, Ph.D., Yale University

SEL by Country

Many countries emphasize the importance of Social Emotional Skill development for children, and the targeted skills are very similar throughout the world, as depicted below.

USA

- Self-awareness
- Self-management
- Responsible decision making
- Social-awareness
- Relationship skills

China

- Self-cognition
- Cognition of others
- Cognition of the collection
- Self-management
- Management of others
- Management of the collective

UK

- Self-awareness
- Motivation
- Self-regulation
- Social Skills
- Empathy



Mexico

- Self-awareness
- Self-management
- Autonomy
- Empathy
- Collaboration

Canada

- Identification and management of emotions
- Stress management and coping
- Positive motivation and perseverance
- Healthy relationship skills
- Self-awareness and sense of identity
- Critical and creative thinking

Australia

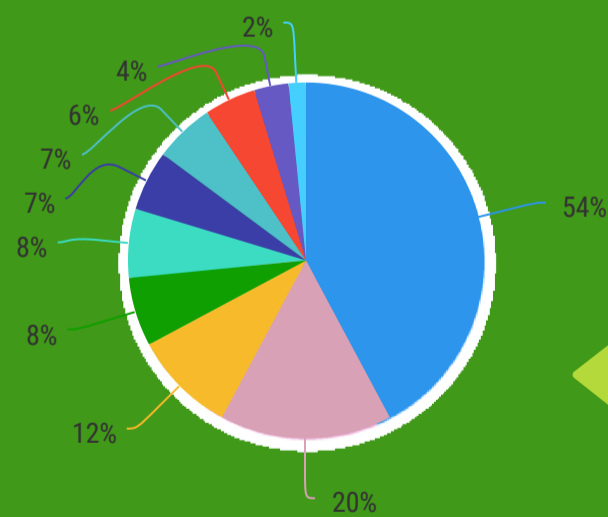
- Self-awareness
- Self-management
- Social-awareness
- Social-management

Common SEL Categories

Self-awareness, Self-management, Social-awareness and Social-management are consistent across all 6 countries sampled (flower center). Other skills are also deemed important, depending upon the needs that arise from the culture (depicted in the flower petals).



Curriculum Evaluation: 202 Shows



- SEL
- Science
- Literacy
- Creativity
- Social Studies
- Cognitive Skills
- STEM
- Math
- Arts
- Healthy Behavior

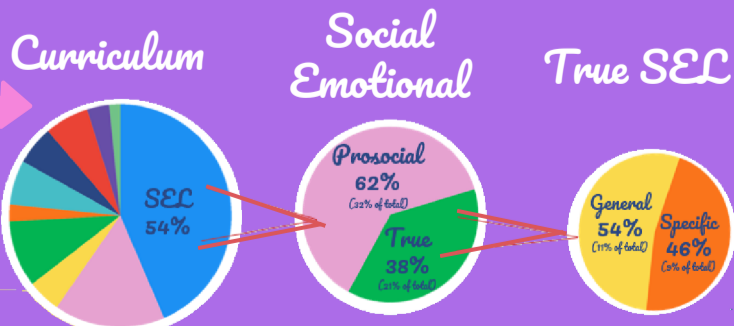
SEL: Most Pervasive Curricular Goal

Many shows have more than one curricular goal. The evaluation of 202 shows broadcast on the major US networks reveal that over half of them have at least one SEL component, with Science coming in second.

Note: Statistics do not add up to 100% as many shows are multi-curricular in nature.

SEL Breakdown

Of the SEL shows (54%), some follow a clear, or True SEL curriculum (38%), while others feature more Prosocial values (62%). Those True SEL shows can be further categorized into general SEL (54%) or specific (i.e., Empathy, Optimism, Resilience- 46%) as indicated to the right.



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