



DBT STEPS-A Program 2026

Massey High School

Program Overview

Our school is implementing DBT STEPS-A (Skills Training for Emotional Problem Solving for Adolescents), an evidence-based curriculum designed to teach students skills for emotional regulation, mindfulness, and interpersonal effectiveness. These skills help students manage stress, improve relationships, and make effective decisions. The group occurs once a week during regular class time, and it is a skills-based educational program.

Students will be completing pre-and-post questionnaires to evaluate the program, they will be anonymized, and your child's personal information will not be disclosed as part of the evaluation. If you would like your child to participate in the program but not the questionnaires, please see below.

Student/Parent/Guardian Rights

You as student or parent/guardian have the right to opt out of participation in DBT STEPS-A lessons and/or questionnaires.

Opt-Out Instructions

If you do NOT want your child to participate in the program, please email [lmenezes@masseyhigh.school.nz]

If you want your child to participate in the program but NOT complete the questionnaires, please email [lmenezes@masseyhigh.school.nz]