

# Grades 6-8

## Self-awareness 1

### A Demonstrate an awareness of his/her emotions. 1A

- 1 Recognizes uncomfortable emotions as indicators of situations in need of attention 1A.1
- 2 Identifies emotional states that contribute to or detract from ability to problem solve 1A.2
- 3 Explains the possible outcomes associated with the different forms of communicating emotions 1A.3

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### B Demonstrate an awareness of their personal qualities and interests. 1B

- 1 Accommodates and plans for the likes and dislikes of a group 1B.1
- 2 Identifies interaction between personal qualities and interests with academic activities and social opportunities 1B.2
- 3 Demonstrates awareness that personal qualities and interests affect decision-making 1B.3
- 4 Evaluates influence of personal qualities and interests on decision making 1B.4

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### C Demonstrate an awareness of their strengths and limitations. 1C

- 1 Identifies personal strengths and limitations as they relate to specific activities 1C.1
- 2 Applies self-reflection techniques to recognize potential, strengths, and growth areas 1C.2
- 3 Implements a plan to build on strengths or address limitations 1C.3

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### D Demonstrate a sense of personal responsibility and advocacy. 1D

- 1 Identifies areas of school and life that are within personal control 1D.1
- 2 Plans and develops an action plan to set and achieve short- and long-term goals 1D.2
- 3 Analyzes the short- and long-term outcomes between safe and responsible behavior versus risky and harmful behaviors on their health and well-being 1D.3
- 4 Explains the connection between choice and responsibility for the consequences involved if they engage in risky and harmful behaviors 1D.4
- 5 Recognizes, establishes, and adheres to personal boundaries and responsibilities 1D.5

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**E Identify external and community resources and supports. 1E**

- 1 Identifies positive peer/adult support when needed 1E.1
  - 2 Evaluates the benefits of additional external supports when participating in extracurricular activities 1E.2
  - 3 Recognizes outside influences on the development of personal traits and discerns whether they are supportive or non-supportive 1E.3
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**Self-management 2****A Understand and use strategies for managing their emotions and behaviors constructively. 2A**

- 1 Maintains confidence during stress, emotional responses, or changing emotions 2A.1
  - 2 Recognizes the affective behavioral responses to thoughts, emotions, and actions 2A.2
  - 3 Reflects on possible consequences, both positive and negative, before expressing an emotion or behavior 2A.3
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**B Set, monitor, adapt, and evaluate their goals to achieve success in school and life. 2B**

- 1 Designs action plans for achieving short-term and long-term goals and establishing timelines 2B.1
  - 2 Identifies and utilizes potential resources for achieving goals (e.g., home, school, and community support) 2B.2
  - 3 Sets a positive character goal 2B.3
  - 4 Establishes criteria for evaluating personal and academic success 2B.4
  - 5 Demonstrates goal-setting skills related to potential career paths 2B.5
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**Social Awareness 3****A Demonstrate awareness and consideration of other people's emotions, perspectives, and social cues. 3A**

- 1 Analyzes ways that a person's emotions can be affected by the behavior of others 3A.1
  - 2 Accepts and shows respect for other people's perspectives, opinions, or points of view 3A.2
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**B Exhibit civic responsibility in multiple settings. 3B**

- 1 Explains how their decisions and behaviors affect the well-being of their school, home, and community 3B.1
- 2 Explores a community or global need to generate possible solutions 3B.2
- 3 Evaluates the impact of a school, home, or community initiative in which the student was personally involved 3B.3

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**C Show an understanding and appreciation for individual worth and differences.** 3C

- 1 Recognizes the value of cultures and social groups 3C.1
  - 2 Analyzes how traditions and perspectives impact historical events 3C.2
  - 3 Recognizes how beliefs are shaped by personal experiences 3C.3
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**Relationship Skills** 4

**A Use positive communication and social skills to interact effectively with others.** 4A

- 1 Practices reflective listening 4A.1
  - 2 Demonstrates ability to perform different roles in a cooperative group to achieve group goals 4A.2
  - 3 Uses understanding of how and why others respond in a given situation (e.g., assertive, passive, or aggressive) in order to respond respectfully and effectively with others 4A.3
  - 4 Identifies appropriate and inappropriate uses of social and other media and the potential repercussions and implications 4A.3.4
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**B Develop and maintain positive relationships.** 4B

- 1 Distinguishes between helpful and harmful peer pressure 4B.1
  - 2 Demonstrates strategies for resisting harmful peer pressure 4B.2
  - 3 Is involved in positive activities with their peers 4B.3
  - 4 Develops friendships based on personal values 4B.4
  - 5 Identifies the impact of social media in developing and sustaining positive relationships 4B.5
  - 6 Identifies the difference between safe and risky behaviors in a relationship 4B.6
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**C Demonstrate an ability to prevent, manage, and/or resolve interpersonal conflicts in constructive ways.** 4C

- 1 Identifies the roles of individuals in conflict and understands one's own responsibility in reaching resolution 4C.1
  - 2 Develops self-awareness of their part and actions in creating conflict (e.g., spreading rumors, use of social media, wrongful accusations) 4C.2
  - 3 Applies conflict resolution skills to deescalate, defuse, and resolve differences 4C.3
  - 4 Identifies and accesses positive supports when needed in a conflict situation/crisis 4C.4
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## Responsible Decision-making 5

### **A Consider and use multiple factors in decision making, including ethical and safety factors, personal and community responsibilities, and short-term and long-term goals. 5A**

- 1 Stands up for other peers when they are teased, insulted, or left out 5A.1
- 2 Analyzes the reasons for school and societal rules and their impact on decisions 5A.2
- 3 Analyzes the impact of media on one's behavior 5A.3
- 4 Explains how honesty, respect, and compassion (empathy) enable one to take the needs of others into account 5A.4

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### **B Develop, implement, and model effective decision-making skills to deal responsibility with academic and social situations. 5B**

- 1 Identifies and applies the steps of systematic decision-making 5B.1
- 2 Develops decision-making strategies for avoiding risky behavior 5B.2
- 3 Defines how external influences impact decision-making 5B.3
- 4 Analyze how decision-making skills affect study habits and academic performance 5B.4