

# Ohio's K-12 Social and Emotional Learning Standards



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## Message from Paolo DeMaria, Superintendent of Public Instruction

June 2019

Dear Ohio parents, families, caregivers, educators and community partners:

Together, we share a common vision for our children: that they are challenged to discover and learn, prepared to pursue a fulfilling post-high school path and empowered to become resilient, lifelong learners who contribute to society. This journey begins at home and is led by nurturing parents and caregivers who have the greatest impact on their children’s development. The journey is reinforced by a highly effective prekindergarten-grade 12 education system that focuses on the fundamentals like English and mathematics; well-rounded content such as social studies, sciences and the arts; and leadership and reasoning skills like problem-solving and growth mindset. The education system also needs to support the development of social-emotional learning and integrate it as a component of learning.

What do we mean by social-emotional learning? Human beings are social creatures. That means in society, successfully interacting with other people is essential to the effective functioning of a community, a workplace and even a family. People need to know how to successfully interact with each other, establish and maintain positive relationships, feel and show empathy, understand and manage their emotions and set and achieve positive goals. Social-emotional learning improves children’s mental health and helps them avoid risky decisions, make healthy choices and stay drug free.

Sounds simple, right? But, in reality, we need to be more specific and intentional about helping students acquire these skills and understand that they are important to future success.

That’s why I am excited to introduce Ohio’s Social and Emotional Learning Standards for students in kindergarten through grade 12. Carefully crafted over a 10-month period by Ohio educators, counselors and social-emotional learning experts, the standards seek to develop the “whole child” by helping students build self-awareness, social awareness, self-management, and relationship and responsible decision-making skills.

The social and emotional learning standards are a response to what already is happening in schools and districts across the state. Parents and teachers tell us we need to focus more deliberately on developing these skills in students, and we need clear standards that define social-emotional learning. They recognize a child’s social-emotional learning is an important enabler to student success during a child’s formative years while they are in school—and beyond. Students with social-emotional learning skills benefit from increased attention, learning memory and academic success that will put them on the road to a bright future.

The State Board of Education formally adopted the standards in June 2019 to help schools and districts consider their own local implementation. That’s right—each district and school will decide for itself the extent to which it uses these standards and how it uses these standards. A school’s or district’s choice will be informed by the values and needs of its local community. These standards are meant to be integrated into the regular daily activities in school, and they do not mean more classes for students or more work for teachers.

The Ohio Department of Education will not develop tests to measure students’ progress in learning the standards. Instead, schools and districts will have flexibility to choose whether and how to gauge the

extent to which students are demonstrating mastery of the standards. For more state-developed social-emotional learning tools, please visit the [Department's website](#).

I'm excited about the impact this work will have on our schools and students. For those schools and districts that are interested in implementation, we are committed to partnering with you to advance this work. We know our focus on social-emotional learning will have a significant positive impact on the educational experiences of children and ultimately will mean a future full of hope and success.

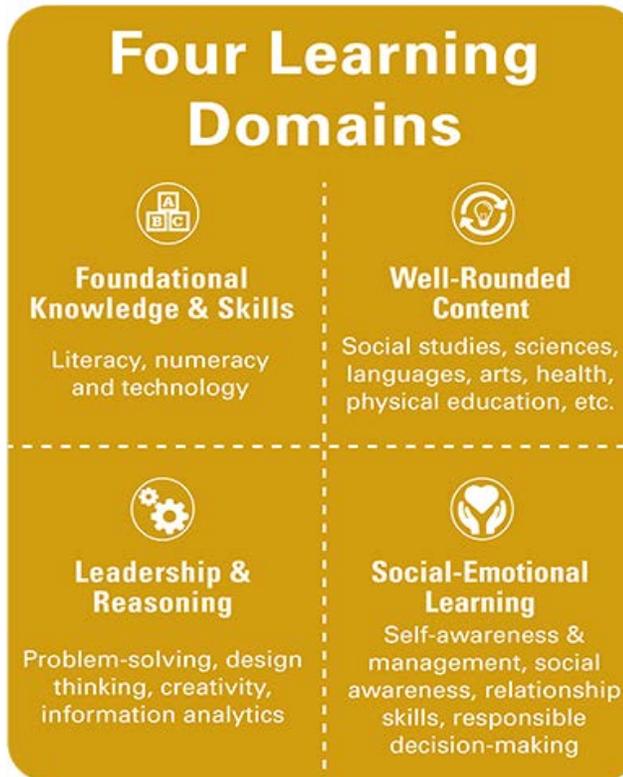
Yours in education,



Paolo DeMaria  
Superintendent of Public Instruction

## Introduction

In the summer of 2018, the State Board of Education approved Ohio's strategic plan for education titled [Each Child, Our Future](#). Stakeholders from across the state, including parents and caregivers, students, prekindergarten-grade 12 educators, representatives from higher education, employers, state leaders and community members provided guidance in the development of a plan that would identify solutions to impact student success. This plan identifies four equally important learning domains that support the academic, personal and social development of preK-12 students. These learning domains include foundational knowledge and skills, well-rounded content, leadership and reasoning and social-emotional learning.



Each Child, Our Future supports the collaborative and cooperative schoolwide effort of all educators, administrators, families and students in the support of social-emotional learning. Parents and families are critical in the development of social-emotional skills and competencies in young children as they grow. These standards were created with that very much in mind, as parents and family members are their children's first and most significant teachers. It is through building a strong partnership between families and schools, educators and communities that our children are supported to be lifelong learners who develop into adults who make significant contributions to the world.

Cultural consciousness is vital for educators to assist students in achieving social-emotional learning objectives. Educators must be supported in understanding how school and classroom policies, practices and procedures may be inequitable to some student populations, perpetuating disparities in educational experiences and opportunity gaps.

Authentic, positive relationships with students and families only can occur when educators reflect on their positionality, power and privilege and develop cultural awareness and competency (Gallego & Cole, 2001; Artiles, 2003; Kozleski & Artiles, 2012). Educators effectively teach social-emotional learning when they can recognize and understand their lens of social-emotional learning may differ from that of their students and families and seek input from students and families regarding the social and emotional learning standards (Waitoller & Thorius, 2015).

With the professional development supports that will accompany these standards, Ohio is providing guidance for implementing the standards into instruction, so all teachers can reap the benefits of supporting students' social-emotional learning development. Resources are being identified and created, to accompany these standards to provide implementation and support documents for all of the adults in children's lives, including [Trauma Informed Schools and Social-Emotional Learning](#) and a [summary of recent research](#) on the importance of social-emotional learning. .

## Definitions

Social-emotional learning is the process through which children and adults acquire and effectively apply the knowledge, attitudes and skills necessary to understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships and make responsible decisions (CASEL, 2017). The skills associated with social-emotional learning provide the foundation for effective communication, problem-solving, critical thinking, resiliency, perseverance and teamwork — all of which are necessary for individuals to be successful in a technical or career field and postsecondary work.

The Framework for Systemic Social and Emotional Learning (CASEL, 2017) identifies and defines five competencies, which Ohio used as its basis for the standards. These five competencies are self-awareness, self-management, social awareness, relationship skills and responsible decision-making.

- **Self-Awareness** – The ability to accurately recognize one’s own emotions and thoughts, including how they relate to one’s identity and culture and own emotions and thoughts and how they influence behavior. Self-awareness is the ability to accurately assess one’s strengths and limitations with a sense of integrity, confidence and optimism.
- **Self-Management** – The ability to navigate one’s emotions, thoughts and behaviors across different situations while managing stress, controlling impulses and motivating oneself. Self-management includes the ability to set and work toward personal and academic goals.
- **Social Awareness** – The ability to consider diverse perspectives of and empathize with others, including those from diverse backgrounds and cultures. It also reflects the ability to understand social and ethical norms for behavior across settings and to be able to identify and use family, school and community resources and supports.
- **Relationship Skills** – The ability to establish and maintain healthy relationships with diverse individuals and groups. Developing relationship skills promotes the ability to communicate clearly, listen well, cooperate with others, resist social and peer pressure, negotiate conflict and seek help or offer it to others.
- **Responsible Decision-making** – The ability to make constructive choices about personal behavior and social interactions within the context of ethical standards, safety concerns and social norms. It involves making realistic evaluations of the consequences of one’s actions and a consideration of the well-being of self and others.

## Research

Social-emotional learning has been the subject of more than 500 research studies, with numerous positive impacts of social-emotional learning (Weissberg, Domitrovich, & Gullotta, 2015). This research has led to an understanding that social-emotional learning instruction must be well-designed and well-implemented to achieve positive student outcomes (Durlak, Weissberg, Dymnicki, Taylor, & Schellinger, 2011). For example, in a recent meta-analysis of 82 social and emotional learning interventions in schools ranging from kindergarten to high school, Taylor, Oberle, Durlak and Weissberg (2017) demonstrated that students with well-designed and well-implemented instruction in social-emotional learning benefit over the long term in the areas of academics, behaviors, attitudes and skills. The meta-analysis also showed that students with instruction in social-emotional learning benefit over the long term by decreases in negative

outcomes, such as emotional distress, conduct and drug use. These benefits were seen regardless of the socio-demographics of the student.

From infancy, relationships are key to brain development (Immordino-Yang, Darling-Hammond, & Krone, 2018). Since learning is a social experience, children’s development of social-emotional skills is fostered through positive interactions and relationships. As children grow, social-emotional learning positively contributes to their connections to school and community and reduces dropout rates and truancy (Smith & Low, 2013). The social-emotional skills in young people are strong predictors of high school and college completion, the likelihood of being employed, and higher earnings and financial stability (Gabrieli, Ansel, & Krachman, 2015). Moreover, social-emotional learning promotes resiliency and builds protective factors that can help a child cope with adverse childhood experiences (ACEs) (O’Reilly, 2017). Thus, the research clearly confirms the importance of social-emotional learning for improving students’ physical, emotional, academic and career outcomes. For additional information on the research for social-emotional learning, review the research summary, [Why Is Ohio Focused on Social-Emotional Learning?](#)

## Social-Emotional Learning in Ohio

Social-emotional learning is a part of the work that teachers and administrators in Ohio already are doing. Educators embed social-emotional learning as they help students participate more fully in academic endeavors, enhance learning situations and increase student motivation to learn. The K-12 social and emotional learning standards provide the framework for educators across grade levels and academic specialties to systematically focus on and foster environments that maximize student learning. These social and emotional learning standards also were created for administrators and educators to use in their classrooms, schools and districts. Embedding social-emotional learning into the school day already is known to have a positive impact on student safety, culture, performance and success. By ensuring the adults who spend the day with students understand the connection between social-emotional learning and other academic learning, the Department can implement a system of supports that focuses on the whole child. Social and emotional learning standards provide common definitions that can be used to align curriculum, initiatives and engagement.

## Standards Development

The Department committed to making social-emotional learning a priority through its strategic plan. Each Child, Our Future emphasizes a focus on the ‘whole child.’ Understanding the social-emotional learning needs of districts and schools was another important step of Ohio’s commitment to social-emotional learning needs. In November 2017, the Department conducted a [needs assessment survey](#) of educators, administrators and service providers’ knowledge of social-emotional learning. Overall, the results of the survey clearly show that education stakeholders are aware that social-emotional learning “is an essential part of pre-K-12 education that can transform schools into places that foster academic excellence, collaboration and communication, creativity and innovation, empathy and respect, civic engagement, and other skills and dispositions needed for success in the 21st Century” (Jones & Kahn, 2017, p. 9).

To support the promotion of the social-emotional learning domain, three groups of individuals came together to share their expertise and experience to identify students’ social-emotional learning needs, advise and assist in the plan to meet those identified needs, and write standards for public education kindergarten through grade 12. An advisory group and writing group consisting of educators from all grade levels, school counselors, school administrators, higher education professionals, social workers, child psychologists (private and school-based) and curriculum specialists played a role in the development of the competencies and standards that form this social-emotional learning document. The advisory and

writing groups were identified through Ohio education-related associations and a public call for applications. Those interested in serving on a team provided information related to their years of experience in their roles, experience with school-age children, and current work and knowledge about social-emotional learning. Invitations were extended to individuals who represented Ohio geographically across education and counseling professions, student population age of expertise, as well as race and gender. Groups met between February and November 2018.

The advisory group reviewed social-emotional learning research and practices and examined multiple social-emotional learning frameworks, including frameworks from the [Collaborative for Academic, Social and Emotional Learning \(CASEL\)](#), frameworks other states used to develop their social and emotional learning standards (Tennessee, Michigan and Minnesota), and the Departments existing social and emotional learning standards for birth through grade 3. Based on this review of information, the Ohio experts advised building Ohio's Social and Emotional Learning Standards on the five competencies developed by CASEL.

The advisory group then developed topics specific to each competency that would further organize the standards. Additionally, the advisory group made specific content and skill recommendations for the social-emotional learning writing teams. The social-emotional learning writing teams were responsible for writing the standards. The teams were divided into three grade bands. Each of these three grade band teams (elementary, middle and high school) developed grade band-specific standards aligned to the topics within the competencies. Some standards will look the same across grade bands but, overall, students should be able to meet the standard by the end of the grade band. Once each competency group on the writing team completed its work, the team reconvened to ensure the vertical alignment of the standards.

## Standards Organization

Ohio's Social and Emotional Learning Standards provide the developmental progression across ages and grades from kindergarten to grade 12, recognizing that the developmental progression of social and emotional learning standards is contextually and culturally dependent. The social-emotional standards progress in complexity over age and time and are organized by four grade bands that reflect best available evidence on the growth and development of the identified social-emotional competencies. The grade bands include kindergarten-grade 2, grades 3-5, middle school (grades 6-8) and high school (grades 9-12).

The standards are organized by competency, topic and standard. A competency is the big idea, the overarching skill we want students to have as they develop. Each topic under the competency is a specific skill associated with the competency. Each standard is a statement that identifies what students should be able to do.

Learning and relearning occurs throughout an individual's life based on the context one finds oneself. In other words, social and emotional learning standards emerge and re-emerge over time, and they should not be used to identify students or for high-stakes decisions; however, they should be used to build upon the assets that students come with to school.

Standards Organization

<b>Competency A: Self Awareness</b> ←				Competency
<b>A1: Demonstrate an awareness of personal emotions</b> ←				Topic
<b>K-2</b> ←	<b>3-5</b>	<b>Middle Grades</b>	<b>High School</b>	Grade Band
A1. 1.a. Identify basic personal emotions ←	A1. 1.b. Identify a range of personal emotions	A1. 1.c. Identify, recognize and name personal complex emotions	A1. 1.d. Identify complex emotions as an indicator of personal state of well-being	Standard
A1. 2.a. Recognize emotions as natural and important	A1. 2.b. Identify that emotions are valid, even if others feel differently	A1. 2.c. Explain that emotions may vary based on the situation, including people and places	A1. 2.d. Analyze ways emotions impact the social environment	
A1. 3.a. Identify appropriate time and place to safely process emotions, independently or with the guidance of a trusted adult	A1. 3.b. Consider when it is necessary to process emotions in a safe place, independently or with the guidance of a trusted adult	A1. 3.c. Utilize appropriate time and place to safely process emotions, independently, with a trusted adult or with peers	A1. 3.d. Utilize appropriate time, place or support systems to reflect on personal emotions, independently, with a trusted adult or with peers	
A1. 4.a. Recognize that current events can impact emotions	A1. 4.b. Describe how current events trigger emotions	A1. 4.c. Explain how others' responses to current events can impact emotions	A1. 4.d. Analyze why current events may trigger an emotional reaction and identify ways to regulate a response	

## Ohio's Kindergarten through Grade 12 Social and Emotional Learning Standards

## Competency A: Self-Awareness

## A1: Demonstrate an awareness of personal emotions

K-2	3-5	Middle Grades	High School
A1. 1.a Identify basic personal emotions	A1. 1.b Identify a range of personal emotions	A1. 1.c Identify, recognize and name personal complex emotions	A1. 1.d Identify complex emotions as an indicator of personal state of well-being
A1. 2.a Recognize emotions as natural and important	A1. 2.b Identify that emotions are valid, even if others feel differently	A1. 2.c Explain that emotions may vary based on the situation, including people and places	A1. 2.d Analyze ways emotions impact the social environment
A1. 3.a Identify appropriate time and place to safely process emotions, independently or with the guidance of a trusted adult	A1. 3.b Consider when it is necessary to process emotions in a safe place, independently or with the guidance of a trusted adult	A1. 3.c Utilize appropriate time and place to safely process emotions, independently, with a trusted adult or with peers	A1. 3.d Utilize appropriate time, place or support systems to reflect on personal emotions, independently, with a trusted adult or with peers
A1. 4.a Recognize that current events can impact emotions	A1. 4.b Describe how current events trigger emotions	A1. 4.c Explain how others' responses to current events can impact emotions	A1. 4.d Analyze why current events may trigger an emotional reaction and identify ways to regulate a response

**Competency A: Self-Awareness**

**A2: Demonstrate awareness of personal interests and qualities, including strengths and challenges**

K-2	3-5	Middle Grades	High School
<p>A2. 1.a Identify personal interests and qualities</p>	<p>A2. 1.b Identify personal strengths based on interests and qualities</p>	<p>A2. 1.c Describe how personal interests, qualities and strengths may help with decision making to accomplish personal goals</p>	<p>A2. 1.d Practice using personal strengths in pursuit of post-secondary goals</p>
<p>A2. 2.a Explore opportunities to develop skills and talents</p>	<p>A2. 2.b Demonstrate a skill or talent that builds on personal strengths</p>	<p>A2. 2.c Investigate a potential career path that builds on personal strengths and addresses challenges</p>	<p>A2. 2.d Take proactive steps toward implementing a plan for post-secondary goals by building on personal strengths and addressing challenges</p>

**Competency A: Self-Awareness**

**A3: Demonstrate awareness of and willingness to seek help for self or others**

K-2	3-5	Middle Grades	High School
<p>A3. 1.a Identify at least one trusted adult at school and in the community and know when and how to access them</p>	<p>A3. 1.b Describe how a trusted adult can provide academic, social or emotional support or assistance for self and others</p>	<p>A3. 1.c Seek appropriate support from a trusted adult when help is needed academically, socially or emotionally</p>	<p>A3. 1.d Utilize support from trusted adults, as well as resources and agencies that provide academic, social, emotional or health-related support</p>
<p>A3. 2.a Seek help when faced with challenges or when frustrated with a task, skill or situation</p>	<p>A3. 2.b Seek help and acknowledge constructive feedback from others that addresses challenges and builds on strengths</p>	<p>A3. 2.c Develop and implement a plan of action, based on support or constructive feedback, that addresses challenges and builds on strengths</p>	<p>A3. 2.d Reflect on actions that are based on constructive feedback, address personal challenges and build on personal strengths</p>
<p>A3. 3.a Describe situations or locations that feel safe</p>	<p>A3. 3.b Utilize strategies that support safe practices for self and others</p>	<p>A3. 3.c Identify and utilize appropriate processes for reporting unsafe behaviors or situations for self and others</p>	<p>A3. 3.d Access community resources and safety networks for self or others</p>

**Competency A: Self-Awareness**

**A4: Demonstrate a sense of personal responsibility, confidence and advocacy**

<b>K-2</b>	<b>3-5</b>	<b>Middle Grades</b>	<b>High School</b>
<p>A4. 1.a Describe the outcomes of both following and breaking rules</p>	<p>A4. 1.b Identify and describe how personal choices and behavior impacts self and others</p>	<p>A4. 1.c Describe how personal responsibility is linked to being accountable for one’s choices and behavior</p>	<p>A4. 1.d Demonstrate internalization of personal responsibility and being accountable as one prepares for post-secondary life</p>
<p>A4. 2.a Demonstrate confidence in the ability to complete simple tasks and challenges independently, while expressing positive attitudes towards self</p>	<p>A4. 2.b Demonstrate confidence in the ability to complete a range of tasks and address challenges while expressing positive attitudes towards self</p>	<p>A4. 2.c Recognize the importance of confidently handling tasks and challenges, while reframing negative thoughts and engaging in positive self-talk</p>	<p>A4. 2.d Set post-secondary and life goals with confidence in the ability to be successful, while positively addressing challenges</p>
<p>A4. 3.a Identify ways to respectfully advocate for basic personal needs</p>	<p>A4. 3.b Identify ways to respectfully advocate for academic and personal needs</p>	<p>A4. 3.c Demonstrate basic self-advocacy academically and socially</p>	<p>A4. 3.d Demonstrate self-advocacy in context-specific situations</p>

## Competency B: Self-Management

### B1: Regulate emotions and behaviors by using thinking strategies that are consistent with brain development

K-2	3-5	Middle Grades	High School
<p>B1. 1.a</p> <p>Identify personal behaviors or reactions when experiencing basic emotions</p>	<p>B1. 1.b</p> <p>Demonstrate strategies to express a range of emotions within the expectations of the setting</p>	<p>B1. 1.c</p> <p>Describe the relationship between thoughts, emotions and behavior and apply strategies to regulate response</p>	<p>B1. 1.d</p> <p>Utilize self-management strategies to regulate thoughts, emotions and behaviors within the context of the situation</p>
<p>B1. 2.a</p> <p>Describe verbal and nonverbal ways to express emotions in different settings</p>	<p>B1. 2.b</p> <p>Describe possible outcomes associated with verbal and nonverbal expression of emotions in different settings</p>	<p>B1. 2.c</p> <p>Analyze positive and negative consequences of expressing emotions in different settings</p>	<p>B1. 2.d</p> <p>Evaluate how emotions expressed in different settings impact the outcome of a situation</p>
<p>B1. 3.a</p> <p>Identify and begin to use strategies to regulate emotions and manage behaviors</p>	<p>B1. 3.b</p> <p>Apply strategies to regulate emotions and manage behaviors</p>	<p>B1. 3.c</p> <p>Apply productive self-monitoring strategies to reframe thoughts and behaviors</p>	<p>B1. 3.d</p> <p>Apply productive self-monitoring strategies to process emotions and reframe thoughts and behaviors</p>

**Competency B: Self-Management**

**B2: Set, monitor, adapt and evaluate goals to achieve success in school and life**

<b>K-2</b>	<b>3-5</b>	<b>Middle Grades</b>	<b>High School</b>
<p>B2. 1.a Identify goals for classroom behavior and academic success</p>	<p>B2. 1.b Identify goals for academic success and personal growth</p>	<p>B2. 1.c Recognize the importance of short and long-term goals for success in school and life</p>	<p>B2. 1.d Develop a plan that demonstrates an understanding of how to set and reach goals that contribute to lifelong success</p>
<p>B2. 2.a Identify how adults and peers can help with a goal</p>	<p>B2. 2.b Identify school, family and community resources, with adult support, that may assist in achieving a goal</p>	<p>B2. 2.c Identify school, family and community resources that may assist in achieving a goal</p>	<p>B2. 2.d Utilize school, family and community or varied resources that may assist in achieving a goal</p>
<p>B2. 3.a Describe what action steps can be taken to reach a short-term goal</p>	<p>B2. 3.b Plan steps needed to reach a short-term goal</p>	<p>B2. 3.c Set a short-term school or life goal with action steps to achieve success</p>	<p>B2. 3.d Set a post-secondary life goal with action steps, timeframes and criteria for evaluating achievement</p>
<p>B2. 4.a Discuss obstacles that can get in the way of reaching a goal and ideas for handling those obstacles</p>	<p>B2. 4.b Identify alternative strategies with guidance toward a specified goal</p>	<p>B2. 4.c Monitor progress toward a specified goal by developing checkpoints and adjusting the plan or action steps as needed</p>	<p>B2. 4.d Evaluate progress toward achieving a specified goal and re-evaluate or adapt the plan or action steps, as needed</p>

**Competency B: Self-Management**

**B3: Persevere through challenges and setbacks in school and life**

<b>K-2</b>	<b>3-5</b>	<b>Middle Grades</b>	<b>High School</b>
<p>B3. 1.a Describe a time when you kept trying in a challenging situation</p>	<p>B3. 1.b Identify strategies for persevering through challenges and setbacks</p>	<p>B3. 1.c Utilize strategies for persevering through challenges and setbacks</p>	<p>B3. 1.d Demonstrate the ability to persevere through challenges for long-term rewards or success</p>
<p>B3. 2.a Explain how practice improves performance of a skill and can help in overcoming a challenge or setback</p>	<p>B3. 2.b Identify the cause of a challenge or setback and with assistance, develop a plan of action</p>	<p>B3. 2.c Reframe a challenge or setback into an opportunity, with assistance</p>	<p>B3. 2.d Reframe a current challenge or setback, by reflecting on successes</p>

## Competency C: Social Awareness

### C1: Recognize, identify and empathize with the feelings and perspective of others

K-2	3-5	Middle Grades	High School
<p>C1. 1.a</p> <p>Identify facial and body cues representing feelings in others</p>	<p>C1. 1.b</p> <p>Identify verbal and nonverbal cues representing feelings in others</p>	<p>C1. 1.c</p> <p>Determine if verbal and nonverbal cues correspond to the feelings expressed by others</p>	<p>C1. 1.d</p> <p>Evaluate verbal, behavioral, environmental and situational cues that may influence the feelings of others</p>
<p>C1. 2.a</p> <p>Identify words and actions that may support or hurt the feelings of others</p>	<p>C1. 2.b</p> <p>Identify and acknowledge others' viewpoints, knowing that both sides do not have to agree but can still be respectful</p>	<p>C1. 2.c</p> <p>Demonstrate respect across school, community, face-to-face and virtual settings, when viewpoints or perceptions differ</p>	<p>C1. 2.d</p> <p>Demonstrate ways to encourage mutual respect across all settings when viewpoints or perceptions differ</p>
<p>C1. 3.a</p> <p>Define empathy and identify empathetic reactions in others</p>	<p>C1. 3.b</p> <p>Demonstrate empathetic reactions in response to others' feelings and emotions</p>	<p>C1. 3.c</p> <p>Demonstrate empathy through understanding of others' feelings and acknowledgement of their perspective</p>	<p>C1. 3.d</p> <p>Demonstrate empathy through compassion in self and encourage in others</p>

**Competency C: Social Awareness**

**C2: Demonstrate consideration for and contribute to the well-being of the school, community and world**

<b>K-2</b>	<b>3-5</b>	<b>Middle Grades</b>	<b>High School</b>
<p>C2. 1.a Identify the purpose for having school-wide expectations and classroom rules</p>	<p>C2. 1.b Identify reasons for making positive contributions to the school and community</p>	<p>C2. 1.c Explain the importance of civic mindedness</p>	<p>C2. 1.d Demonstrate an awareness of responsibilities as an involved citizen in a democratic society</p>
<p>C2. 2.a Identify characteristics of positive citizenship in the classroom and school</p>	<p>C2. 2.b Demonstrate citizenship in the classroom and school community</p>	<p>C2. 2.c Pursue opportunities to contribute to school or the broader community</p>	<p>C2. 2.d Engage in civic duties and opportunities within the broader community</p>
<p>C2. 3.a Perform activities that contribute to classroom, school and home, with adult involvement as needed</p>	<p>C2. 3.b Perform activities that contribute to classroom, school, home and broader community</p>	<p>C2. 3.c Explore a school or community need and generate possible solutions</p>	<p>C2. 3.d Implement a strategy to address a need in the broader community or world as change agents</p>
<p>C2. 4.a Identify and participate in activities to improve school or home</p>	<p>C2. 4.b Identify areas of improvement for school or home and develop an action plan to address these areas</p>	<p>C2. 4.c Engage in an activity to improve school, home or community</p>	<p>C2. 4.d Evaluate the impact of personal involvement in an activity to improve school, home, community and world</p>

**Competency C: Social Awareness**

**C3: Demonstrate an awareness and respect for human dignity, including the similarities and differences of all people, groups and cultures**

K-2	3-5	Middle Grades	High School
<p>C3. 1.a Discuss how people can be the same or different</p>	<p>C3. 1.b Discuss positive and negative opinions people may have about other people or groups, even if they aren't always true</p>	<p>C3. 1.c Discuss how positive or negative stereotypes of an individual or group can be unconscious and may lead to discrimination and prejudice</p>	<p>C3. 1.d Examine and address explicit or implicit personal biases toward an individual or group</p>
<p>C3. 2.a Participate in cross-cultural activities and discuss differences, similarities and positive qualities across all cultures and groups</p>	<p>C3. 2.b Participate in cross-cultural activities and acknowledge that individual and group differences may complement each other</p>	<p>C3. 2.c Participate in cross-cultural activities and demonstrate respect for individuals from different social and cultural groups</p>	<p>C3. 2.d Participate in cross-cultural activities, identify unique contributions and perspectives of various groups, and how the experience may change personal perspective</p>
<p>C3. 3.a Discuss the concept of, and practice, treating others the way you would want to be treated</p>	<p>C3. 3.b Define and practice civility and respect virtually and in-person</p>	<p>C3. 3.c Demonstrate respect for human dignity virtually and in-person</p>	<p>C3. 3.d Analyze how one can build community that respects all human dignity virtually and in-person</p>

**Competency C: Social Awareness**

**C4: Read social cues and respond constructively**

<b>K-2</b>	<b>3-5</b>	<b>Middle Grades</b>	<b>High School</b>
C4. 1.a Recognize social cues in different settings	C4. 1.b Identify others' reactions by tone of voice, body language and facial expressions	C4. 1.c Generate positive responses to various social situations	C4. 1.d Evaluate how societal and cultural norms influence personal interactions
C4. 2.a Identify norms for various family and social situations	C4. 2.b Identify ways that norms differ among various families, cultures and social groups	C4. 2.c Recognize that social cues are based on rules and expectations and can change based upon context	C4. 2.d Respond to social cues that differ depending on the societal and cultural norms of the environment
C4. 3.a Recognize others' personal space and boundaries	C4. 3.b Recognize that individuals' needs for privacy and boundaries differ and respect those differences	C4. 3.c Recognize that personal and group needs can differ and identify positive actions to balance the needs of all	C4. 3.d Use positive problem-solving skills to balance personal and group needs and foster respectful group interactions

## Competency D: Relationship Skills

### D1: Apply positive verbal and non-verbal communication and social skills to interact effectively with others and in groups

K-2	3-5	Middle Grades	High School
D1. 1.a Identify and engage in positive communication skills	D1. 1.b Apply active listening and effective communication skills to increase cooperation and relationships	D1. 1.c Demonstrate the ability to actively listen and understand multiple perspectives	D1. 1.d Actively engage in positive interactions to make connections with peers, adults and community to support and achieve common goals
D1. 2.a Practice giving and receiving feedback in a respectful way	D1. 2.b Demonstrate the ability to give and receive feedback in a respectful way	D1. 2.c Offer and acknowledge constructive feedback to strengthen connections and improve communication outcomes with others	D1. 2.d Apply constructive feedback to strengthen connections and achieve common goals
D1. 3.a Develop an awareness that people communicate through social and digital media	D1. 3.b Describe the positive and negative impact of communicating through social and digital media	D1. 3.c Interact on social and digital media responsibly and understand the potential impact on reputation and relationships	D1. 3.d Demonstrate responsible use of social and digital media and understand the potential impact on post-secondary goals

**Competency D: Relationship Skills**

**D2: Develop and maintain positive relationships**

<b>K-2</b>	<b>3-5</b>	<b>Middle Grades</b>	<b>High School</b>
D2. 1.a Demonstrate an awareness of roles in various relationships	D2. 1.b Identify what creates a feeling of belonging in various relationships	D2. 1.c Participate in a healthy network of personal and school relationships	D2. 1.d Establish and actively participate in a healthy network of personal, school and community relationships
D2. 2.a Recognize the need for inclusiveness	D2. 2.b Demonstrate behaviors associated with inclusiveness in a variety of relationships	D2. 2.c Demonstrate inclusiveness in relationship building	D2. 2.d Incorporate compassionate and inclusive practices in relationships
D2. 3.a Recognize that people may influence each other with words or actions	D2. 3.b Distinguish the helpful and harmful impact of peer pressure on self and others	D2. 3.c Utilize strategies to manage social pressures	D2. 3.d Develop techniques to empower, encourage and affirm oneself and others, maintaining positive, healthy relationships

**Competency D: Relationship Skills**

**D3: Demonstrate the ability to prevent, manage and resolve interpersonal conflicts in constructive ways**

<b>K-2</b>	<b>3-5</b>	<b>Middle Grades</b>	<b>High School</b>
D3. 1.a Identify common conflicts and describe possible causes	D3. 1.b Identify and demonstrate personal behaviors to prevent conflict	D3. 1.c Recognize and acknowledge different perspectives of others to prevent conflict	D3. 1.d Demonstrate an ability to co-exist in civility in the face of differing perspectives to prevent conflict
D3. 2.a Recognize that there are various ways to solve conflicts and utilize these techniques to practice solving problems	D3. 2.b Apply conflict resolution skills to manage disagreements and maintain personal safety	D3. 2.c Use a non-judgmental voice during conflict resolution to maintain safe relationships	D3. 2.d Apply conflict management skills and strategies to manage intimidation, avoid and escape violence, and maintain personal safety
D3. 3.a Apply listening and attention skills to identify the feelings and perspectives of others	D3. 3.b Generate ideas to reach a compromise and find resolution during conflict	D3. 3.c Exchange ideas and negotiate solutions to resolve conflicts, seeking support when needed	D3. 3.d Utilize problem solving resources and supports to facilitate conflict resolution, recognizing that seeking help is a strength

## Competency E: Responsible Decision-Making

### E1: Develop, implement and model effective decision and critical thinking skills

K-2	3-5	Middle Grades	High School
<p>E1. 1.a Identify a problem or needed decision and recognize that there may be multiple responses</p>	<p>E1. 1.b Generate possible solutions or responses to a problem or needed decision recognizing that there may be more than one perspective</p>	<p>E1. 1.c Demonstrate critical thinking skills when solving problems or making decisions, recognizing there may be more than one perspective</p>	<p>E1. 1.d Demonstrate critical thinking skills to select an appropriate decision-making process, recognizing there are multiple perspectives</p>
<p>E1. 2.a Identify strategies to solve a problem</p>	<p>E1. 2.b Implement strategies to solve a problem</p>	<p>E1. 2.c Gather evidence to support and solve academic and social challenges</p>	<p>E1. 2.d Implement a decision-making process to solve complex situations including academic and social challenges</p>

**Competency E: Responsible Decision-Making**

**E2: Identify potential outcomes to help make constructive decisions**

<b>K-2</b>	<b>3-5</b>	<b>Middle Grades</b>	<b>High School</b>
<p>E2. 1.a Identify factors that can make it hard for a person to make the best decision in the classroom</p>	<p>E2. 1.b Identify factors that can make it hard to make the best decisions at home or at school</p>	<p>E2 .1.c Generate ideas for recognizing when something may be getting in the way of making a responsible decision and ways to possibly reduce or limit its influence</p>	<p>E2. 1.d Implement strategies for reducing influence of stressors that limit your ability to make the most-informed decisions when at school, at home or in the community with peers</p>
<p>E2. 2.a Identify reliable sources of adult help in the immediate setting</p>	<p>E2. 2.b Identify reliable sources of adult help in various settings</p>	<p>E2. 2.c Identify reliable sources of adult help in various settings and actively seek adults for support</p>	<p>E2. 2.d Independently seek reliable adult mentors in various settings</p>
<p>E2. 3.a Identify how personal choices will impact the outcome of a situation</p>	<p>E2. 3.b Predict possible future outcomes of personal actions in various settings</p>	<p>E2. 3.c Utilize knowledge of outcomes to inform future decisions</p>	<p>E2. 3.d Integrate prior experience and knowledge of outcomes to inform future decisions</p>

**Competency E: Responsible Decision-Making**

**E3: Consider the ethical and civic impact of decisions**

<b>K-2</b>	<b>3-5</b>	<b>Middle Grades</b>	<b>High School</b>
E3. 1.a Identify how certain actions can impact others	E3. 1.b Demonstrate the ability to respect the rights of self and others	E3. 1.c Apply honesty, respect and compassion to the decision-making process	E3. 1.d Demonstrate respect and integrity in all settings during the decision-making process
E3. 2.a Recognize safe practices and actions	E3. 2.b Demonstrate safe practices to guide actions	E3. 2.c Demonstrate safe practices to guide actions for self and toward others	E3. 2.d Engage in safe practices in my personal behavior choices and habits for self and toward others
E3. 3.a Recognize the need for group decisions that support a common goal	E3. 3.b Consider various perspectives and sources of information when participating in group decision-making	E3. 3.c Research opportunities for participation in civic-minded activities that contribute to the larger community	E3. 3.d Seek and engage in civic-minded activities that contribute to the larger community

**Competency E: Responsible Decision-Making**

**E4: Explore and approach new situations with an open mind and curiosity while recognizing that some outcomes are not certain or comfortable**

<b>K-2</b>	<b>3-5</b>	<b>Middle Grades</b>	<b>High School</b>
E4. 1.a Recognize that new opportunities may have positive outcomes	E4. 1.b Explore new opportunities to expand one’s knowledge and experiences	E4. 1.c Engage in new opportunities to expand one’s knowledge and experiences	E4. 1.d Actively seek out new opportunities to expand personal knowledge and experiences
E4. 2.a Identify physical and emotional responses to unfamiliar situations	E4. 2.b Develop and practice strategies to appropriately respond in unfamiliar situations	E4. 2.c Recognize that new opportunities or unfamiliar situations may require productive struggle	E4. 2.d Embrace productive struggle as an opportunity for personal growth
E4. 3.a Identify examples of transitions and how they are a necessary and appropriate part of school and life	E4. 3.b Practice the ability to manage transitions and adapt to changing situations and responsibilities in school and life	E4. 3.c Demonstrate ability to manage transitions and adapt to changing situations and responsibilities in school and life	E4. 3.d Anticipate and plan for transitions in post-secondary life

## Standards Development Team

Ohio educators from all grade levels, school counselors, school administrators, higher education professionals, social workers, child psychologists (private and school-based) and curriculum specialists played a role in the development of the standards. The individuals below gave their time and expertise to develop Ohio's K-12 Social and Emotional Learning Standards throughout 2018.

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The following individuals, representing the following groups and organizations, gave their time and expertise to provide guidance and advice on the process and structure of these standards.

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Experts from around the state of Ohio applied and were selected to participate on one of three writing teams. These individuals donated their time and experience to write these standards.

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## Glossary

**Active listening and attention skills** – Fully concentrating on what is being said for understanding.

**Adverse Childhood Experiences (ACEs)** – The term used to describe all types of abuse, neglect and other potentially traumatic experiences that occur to people under the age of 18.

**Assertive communication and other forms of communication** – **Assertive** people state their opinions while being respectful of others. **Aggressive** people attack or ignore others' opinions in favor of their own. **Passive** people don't state their opinions at all.

**Belonging** – Be a member of, be in, be affiliated to/with, be allied to, be associated with, be linked to a group or others.

**Career management** – The conscious planning of one's activities and engagements in the jobs one undertakes during his life for better fulfillment, growth and financial stability. It is a sequential process that starts from an understanding of oneself and encompasses occupational awareness.

**Civic-mindedness** – The act of being concerned with the well-being of the community.

**Citizenship** – The state of being vested with the rights, privileges and duties of a citizen.

**Civility** – Polite or courteous speech or behavior.

**Compassion** – Sympathy and concern for the circumstances of others.

**Confidence** – A feeling of self-assurance arising from one's appreciation of one's own abilities or qualities that is not inflated or excessive but based on demonstrated evidence or experience.

**Conflict resolution skills** – Abilities and strategies that are engaged for the process to resolve a disagreement, dispute or debate.

**Constructive choices** – An option which has or intends to have a beneficial outcome.

**Constructive feedback** – Answering the extent to which information is specific, issue-focused, and based on observations, with the intent of improving skills, work or behaviors.

**Common good** – The benefit or interest of all; where actions are socially just and equitable.

**Creativity/innovation** – The use of the imagination or original ideas to find solutions.

**Critical thinking** – The process of engaging in reflective and reasonable thinking and evaluation of an issue in deciding what to believe or do.

**Culture** – Culture is a combination of thoughts, feelings, attitudes, beliefs, values and behavior patterns that are shared by racial, ethnic, religious or social groups of people. Culture refers not only to those that we are born into (racial or ethnic groups) but also those we choose to belong to, such as religious or social groups. Culture is not static; it is dynamic (Zion, Kozleski, & Fulton, 2005, p.2).

**Digital media/technology** – Digitized content that can be transmitted over the internet or computer networks. This can include text, audio, video and graphics.

**Discipline** – Use of teaching strategies to facilitate student responsibility-taking for inappropriate behavior(s) and skill building for addressing the contributing causes of the inappropriate behavior(s) and improving future behavior(s).

**Discrimination** – The unjust or prejudicial treatment of different categories of people or things, especially on the grounds of race, age, socio-economic status, disabilities or sex.

**Empathy** – The experience of understanding another person's thoughts, feelings and condition from his or her point of view rather than from your own. You try to imagine yourself in the other person's place to understand what he or she is feeling or experiencing.

**Ethical** – Relating to moral principles, abiding by accepted standards of conduct in a society.

**Evaluate** – The process of assessing, gauging, analyzing or examining an issue to form a judgment or make a decision.

**Explicit bias** – The attitudes and beliefs we have about a person or group on a conscious level. Much of the time, these **biases** and their expression arise as the direct result of a perceived threat.

**Global/intercultural fluency** – The student values, respects and learns from diverse groups of people.

**Human dignity** – The right of a person to be valued and respected for his or her own sake.

**Implicit bias** – Attitudes or stereotypes that affect our understanding, actions and decisions in an unconscious manner; attributing particular qualities to a member of a certain social group that are influenced by experience and are based on learned associations between various qualities and social categories.

**Inclusiveness** – The quality of including many different types of people and treating them fairly and equally.

**Intimidation** – To frighten or threaten someone, usually in order to persuade the person to do something he or she does not wish to do.

**Leadership** – The action of leading a group of people or others.

**Learning agility** – The student desires to continuously learn new information and skills.

**Mindfulness** – The practice of maintaining a nonjudgmental state of either heightened or complete awareness of one's thoughts, emotions or experiences on a moment-to-moment basis.

**Nonverbal cue** – Communication through body language, inflection and other unspoken prompts.

**Oral and written communications** – The student articulates thoughts and ideas clearly and effectively in written and oral forms.

**Paraphrasing** – Express the meaning of (the writer or speaker or something written or spoken) using different words, especially to achieve greater clarity.

**Perseverance** – Steadfastness in doing something despite difficulty or delay in achieving success.

**Personal Emotions** – **Basic:** The most fundamental emotions, known as the basic emotions, are those of anger, disgust, fear, happiness, sadness and surprise. **Complex:** While basic emotions such as anger, surprise or fear tend to happen automatically, without much cognitive processing, personal complex emotions are self-conscious and require cognitive processing. Personal complex emotions include shame, guilt and pride.

**Perspective** – Point of view; a way of thinking about and understanding something (such as a particular issue or life in general).

**Prejudice** – Dislike, hostility or unjust behavior deriving from unfounded opinions.

- A feeling of like or dislike for someone or something, especially when it is not reasonable or logical.
- An unfair feeling of dislike for a person or group because of race, sex, religion or other status.

**Productive struggle** – Developing strategies to persevere and think flexibly to work through a problem.

**Professionalism** – The competence or skill practiced by a professional, including dressing and acting appropriately and responsibly for the task or activity.

**Psychological first aid** – Evidence-informed approach to resilience aimed to reduce stress and assist in a healthy recovery after a traumatic event.

**Punctuality** – The action and attention to arriving or being on time and ready to contribute.

**Relationship management** – Establishing and maintaining healthy and rewarding cooperative relationships; resisting inappropriate social pressure; preventing, managing and resolving interpersonal conflict; seeking help when needed.

**Relationship skills** – The ability to establish and maintain healthy relationships with diverse individuals and groups. Developing relationship skills promotes the ability to communicate clearly, listen well, cooperate with others, resist social/peer pressure, negotiate conflict and seek or offer help to others.

**Reliability** – The demonstration of actions that are consistently good in quality or performance; can be trusted to do what is expected or committed to.

**Resilience** – The ability to recover from difficulties; toughness.

**Respect** – Regard for the feelings, wishes, rights or traditions of others; a feeling or understanding that someone or something is important, serious, etc., and should be treated in an appropriate way.

**Responsible decision-making** – The ability to make constructive choices about personal behavior and social interactions within the context of ethical standards, safety concerns and social norms. It involves making realistic evaluations of the consequences of one's actions and a consideration of the well-being of self and others.

**Restorative practices** – Restorative practices are proactive processes that build healthy relationships and a sense of community to prevent and address conflict and wrongdoing (International Institute for Restorative Practices).

**Safe practices** – Methods that detail how to perform a task with minimum risk to people, equipment, materials, environment and processes.

**Self-advocacy** – The action of representing oneself or one's views or interests.

**Self-awareness** – The ability to accurately recognize one's own emotions and thoughts and how these things influence behavior. Self-awareness is the ability to accurately assess one's strengths and limitations, with a sense of integrity, confidence and optimism.

**Self-management** – The ability to navigate emotions, thoughts and behaviors across different situations while managing stress, controlling impulses and motivating oneself. Self-management includes the ability to set and work toward personal and academic goals.

**Self-management techniques** – Skills or strategies that enable oneself to navigate emotions, thoughts and behaviors.

**Self-monitoring** – The process by which individuals become aware of their own mistakes.

**Self-monitoring techniques** – Skills or strategies that allow one to self-correct when mistakes are made.

**Self-reflection** – The examination of one's own conscious thoughts and feelings through introspection and the willingness to learn more about oneself.

**Self-reflection techniques** – Skills or strategies that allow one to reflect on one's own conscious thoughts and feelings.

**Social awareness** – The ability to take the perspective of and empathize with others, including those from diverse backgrounds and cultures. It also reflects the ability to understand social and ethical norms for behavior across settings and to be able to identify and use family, school and community resources and supports.

**Social cues** – The signals people send through body language and expressions.

**Social media** – Websites and applications that enable users to create and share content or to participate in social networking.

**Stereotype** – A widely held but fixed and oversimplified image or idea of a person or thing; to believe unfairly that all people or things with a particular characteristic are the same.

**Support system** – A network of people who provide an individual with practical or emotional support.

**Systematic** – Doing something or acting according to a fixed plan or system; methodical.

**Teamwork/collaboration** – The student builds collaborative relationships with others and can work as part of a team. The ability to work together practicing compromise and a shared responsibility.

**Tolerance** – The ability to accept the different thoughts, ideas, practices or beliefs of others (or to accept that others have thoughts, ideas, practices or beliefs that may differ from one's own).

**Toxic stress** – The prolonged activation of stress response systems in the absence of protective relationships. Toxic stress response can occur when a child experiences strong, frequent or prolonged adversity—such as physical or emotional abuse, chronic neglect, caregiver substance abuse or mental illness, exposure to violence or the accumulated burdens of family economic hardship without adequate adult support. This prolonged activation of the stress response systems can disrupt the development of brain architecture and other organ systems and increase the risk for stress-related disease and cognitive impairment well into the adult years (Center on the Developing Child at Harvard University).

**Transitions** – Passage from one state, subject or place to another.

**Trauma** – Psychological, emotional response to an event or experience of serious adversity or terror (Center on the Developing Child at Harvard University).

**Verbal cue** – Spoken prompt.

**Work ethic** – The student has effective work habits, personal accountability and a determination to succeed.

**Zero tolerance** – A policy that requires punishment for breaking rules regardless of circumstances.

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