

<p><b>I AM: Self-Awareness</b></p> <p><b>Major Message:</b> <i>I AM likeable, capable, unique, and valued.</i></p> <p>Self-Awareness enables children and youth to recognize the impact of emotions, thoughts, and values and how they influence behaviors. It is the ability to assess one’s strengths and limitations accurately, with a well-rounded sense of confidence, optimism, and a growth mindset.</p> <p><b>Benefits:</b></p> <ul style="list-style-type: none"> <li>• Increased ability to regulate behaviors,</li> <li>• Increased self-confidence,</li> <li>• Recognizing our behaviors and actions impact outcomes,</li> <li>• Identification of strengths and limitations,</li> <li>• Increased ability to set and achieve goals leading to fulfillment of dreams and aspirations,</li> <li>• Increased coping skills,</li> <li>• Increased empathy and compassion for self and others, and;</li> <li>• Ability to identify and appreciate differences in one another.</li> </ul>	<p><b>I AM: Self-Awareness</b></p> <p><b>Self-Perception/Identity/Value</b></p> <ul style="list-style-type: none"> <li>✚ Have a sense of self as an individual.</li> <li>✚ Can recognize strengths and acknowledge limitations.</li> <li>✚ Recognize their value is not contingent upon what they DO but who they ARE. <i>“I am a valuable person; I matter.”</i></li> </ul> <p><b>Sense of Self-Confidence</b></p> <ul style="list-style-type: none"> <li>✚ Recognize and trust their abilities and competencies.</li> <li>✚ Do not compare themselves to others.</li> <li>✚ Have a realistic self-confidence (we are not all created to “be” or “do” just anything, but something specific to our talents, gifts, and strengths).</li> </ul> <p><b>Self-efficacy</b></p> <ul style="list-style-type: none"> <li>✚ Recognize their behaviors and actions impact what happens.</li> <li>✚ Are empowered and realized in many ways <i>“I am the master of my fate.”</i></li> <li>✚ Have a sense of control over their life and their capability to achieve their goals.</li> </ul> <p><b>Recognizing Strengths</b></p> <ul style="list-style-type: none"> <li>✚ Can identify activities they enjoy in which they are successful.</li> <li>✚ Can identify and have confidence in their competencies.</li> </ul> <p><b>Identify Emotions and Healthy Ways to Express Them</b></p> <ul style="list-style-type: none"> <li>✚ Can be non-judgmental about their feelings and replace descriptions like “good” and “bad” with “like” and “don’t like”.</li> <li>✚ Recognize it is important not to deny or discount their feelings.</li> <li>✚ Can learn and practice healthy ways to express and cope with feelings.</li> <li>✚ Recognize that mood altering drugs, including alcohol, change the way they feel and can cause them to lose self-control.</li> </ul> <p><b>Recognize One Another’s Differences</b></p> <ul style="list-style-type: none"> <li>✚ Recognize the world is made up of many kinds of people with different ways of speaking, looking, believing, dressing, etc.</li> <li>✚ Learn by accepting and appreciating one another’s differences we can get along better.</li> <li>✚ Identify ways we are alike and different from one another.</li> </ul>
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<p><b>I CAN: Social Awareness &amp; Competence</b></p> <p><b>Major Message:</b> <i>I CAN treat others like I want to be treated.</i></p> <p>Social Awareness and Competence develops perspective about and empathy for others, including those from diverse backgrounds and cultures.</p> <p>It is the ability to understand social and ethical norms for behavior; and to recognize family, school and community resources and support. Resilient children are considerably more responsive, more active, more flexible, and more adaptable.</p> <p>Benefits:</p> <ul style="list-style-type: none"> <li>• Increased empathy,</li> <li>• Appreciation of different points-of-view,</li> <li>• Acceptance of others from different cultures, race, ethnicity, language, and beliefs,</li> <li>• Decreased discord and strife,</li> <li>• Treating others as we want to be treated,</li> <li>• Ability to adapt and accept what we cannot change, and;</li> <li>• Courage to change what we can.</li> </ul>	<p><b>I CAN: Social Awareness &amp; Competence</b></p> <p><b>Empathy</b></p> <ul style="list-style-type: none"> <li>✚ Capability to understand and share in someone else’s emotions and feelings.</li> <li>✚ Can place themselves in another person’s shoes and do not need to have the identical experience “first-hand” in order to help and show caring and support.</li> </ul> <p><b>Perspective Taking</b></p> <ul style="list-style-type: none"> <li>✚ Perspective is the lens through which they view the world.</li> <li>✚ Can learn to look beyond their own point-of-view and understand and appreciate how others view things.</li> </ul> <p><b>Appreciating Diversity</b></p> <ul style="list-style-type: none"> <li>✚ When socially aware, they recognize, appreciate, and celebrate each other’s differences including race, culture, language, religious practices, types of food, etc.</li> <li>✚ The world would be a boring place if we were all the same.</li> </ul> <p><b>Respect for Self and Others</b></p> <ul style="list-style-type: none"> <li>✚ Respect is to feel or show esteem or honor for someone.</li> <li>✚ Believe they have worth and value and are worthy of respect.</li> <li>✚ Even if they do not agree with someone, or do not necessarily want to hang out with them, they can be considerate of their thoughts and feelings and show them respect.</li> </ul> <p><b>Ability to Assert Oneself</b></p> <ul style="list-style-type: none"> <li>✚ They have the right to share and even defend and stand up for their beliefs in a respectful way.</li> <li>✚ They can resist negative peer pressure and say “no” to negative, unhealthy behaviors and choices.</li> </ul> <p><b>Ability to Adapt to Change</b></p> <ul style="list-style-type: none"> <li>✚ We live in a world that is always changing.</li> <li>✚ Some changes in life are planned for and some are unexpected and can happen rapidly.</li> <li>✚ There are changes in life they like and changes they do not like.</li> <li>✚ They can learn to accept, adapt, and cope with changes they do not like and have no control over.</li> </ul>
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<p><b>I HAVE: Relationship Skills</b></p> <p><b>Major Message:</b> <i>I HAVE meaningful relationships and people who care about me.</i></p> <p>Relationship skills are the ability to establish and maintain healthy and rewarding relationships with diverse individuals and groups. They include communicating clearly, listening actively, cooperating with others, resisting inappropriate social pressure, negotiating conflict constructively, as well as seeking and offering help when needed.</p> <p><b>Benefits:</b></p> <ul style="list-style-type: none"> <li>• Enhanced skills to make friends and build healthy peer and family relationships,</li> <li>• Improved communication skills including attentive listening, awareness of nonverbal cues, increased empathy, and personal introspection,</li> <li>• Working cooperatively including giving and taking, compromising, working together to achieve a common goal,</li> <li>• Improved conflict resolution skills,</li> <li>• Recognizing benefits of asking for, receiving, and giving help, and;</li> <li>• Identifying safe and caring people.</li> </ul>	<p><b>I HAVE: Relationship Skills</b></p> <p><b>Building Meaningful Relationships</b></p> <ul style="list-style-type: none"> <li>✚ A sense of belonging and connection with others is foundational.</li> <li>✚ Can learn how to have positive healthy, meaningful relationships.</li> <li>✚ It is important to trust people who are worthy of trust.</li> <li>✚ A significant protective factor is the presence of at least one caring adult in a child’s life.</li> </ul> <p><b>Communication</b></p> <ul style="list-style-type: none"> <li>✚ Communicating with others can be done verbally, in writing, and with body language.</li> <li>✚ Attentive listening is an important part of effective communication.</li> <li>✚ Social media has changed many communication methods—some are for the good and others not so good. It is important to use social media responsibly.</li> </ul> <p><b>Working Cooperatively</b></p> <ul style="list-style-type: none"> <li>✚ When working with others to accomplish a task, it is important everyone does their part.</li> <li>✚ Giving, taking and compromising are important practices to effectively work with others.</li> <li>✚ Teamwork involves putting the good of the group ahead of individual wants.</li> </ul> <p><b>Resolving Conflicts</b></p> <ul style="list-style-type: none"> <li>✚ Disagreements and conflict are a normal part of life.</li> <li>✚ How children see conflict handled influences how they resolve conflict.</li> <li>✚ It is important to listen to others and consider their perspective/viewpoint.</li> <li>✚ Words used and tone of voice are important when having a disagreement.</li> <li>✚ Learning self-calming techniques can help lower tension and stress.</li> </ul> <p><b>Helping and Seeking Help</b></p> <ul style="list-style-type: none"> <li>✚ Knowing when, who and how to ask for help can be learned and practiced.</li> <li>✚ Asking for help is a sign of strength, not weakness. It can take courage to acknowledge when help is needed.</li> <li>✚ Children need opportunities to help others (“required helpfulness” is a protective factor).</li> </ul> <p><b>Identifying Safe and Caring People</b></p> <ul style="list-style-type: none"> <li>✚ Safety and security are foundational for building resiliency.</li> <li>✚ Identifying “safe/trustworthy” people to ask for help is a critical life skill.</li> <li>✚ “Safe/trustworthy” people show respect, keep confidences, listen, and want what is best for others.</li> </ul>
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<p><b>I WILL: Responsible Decision Making</b></p> <p><b>Major Message:</b> <i>I WILL make healthy, responsible decisions.</i></p> <p>Responsible decision making is the ability to make constructive choices about personal behavior and social interactions based on ethical standards, safety, and social norms.</p> <p>It is the realistic evaluation of consequences of various actions, consideration of well-being for oneself and others, and the ability to problem solve and make positive healthy, responsible decisions.</p> <p><b>Benefits:</b></p> <ul style="list-style-type: none"> <li>• Identifying problems and utilizing analytical and critical thinking, and other effective skills to solve them,</li> <li>• Recognizing we have the freedom to make choices and all choices have consequences,</li> <li>• Identifying differences between positive, healthy consequences, and negative, unhealthy consequences,</li> <li>• Understanding most of their peers want to make healthy choices and not use alcohol, tobacco, and other drugs and using them is never a healthy choice for kids,</li> <li>• Identifying and practicing positive healthy ways to take care of themselves, and;</li> <li>• Resisting risky behaviors and negative peer pressure.</li> </ul>	<p style="text-align: center;"><b>I WILL: Responsible Decision Making</b></p> <p><b>Critical and Creative Thinking</b></p> <ul style="list-style-type: none"> <li>✚ It is important to ask questions and separate fact from fiction.</li> <li>✚ Critical thinking skills are among the top skills employers look for in a person.</li> </ul> <p><b>Identifying and Solving Problems</b></p> <ul style="list-style-type: none"> <li>✚ Problems in life are inevitable. Having good problem-solving skills are important and can be learned.</li> <li>✚ When facing a problem, brainstorm options and possible solutions.</li> <li>✚ Identify pros and cons of decisions.</li> <li>✚ Identify positive and negative consequences of decisions.</li> </ul> <p><b>Analyzing Situations</b></p> <ul style="list-style-type: none"> <li>✚ Filter information and identify trends.</li> <li>✚ Analyze information and situations and do not assume what is said or written is accurate.</li> <li>✚ Ability to apply logic.</li> </ul> <p><b>Understanding Positive and Negative Consequences</b></p> <ul style="list-style-type: none"> <li>✚ Consequences can be both positive and negative.</li> <li>✚ All decisions have consequences. It is important to anticipate the consequences of a decision and determine if they are “worth the risk.”</li> </ul> <p><b>Ethical Responsibility</b></p> <ul style="list-style-type: none"> <li>✚ Includes responsible behavior, fairness, caring and support, trustworthiness, respect, and good citizenship.</li> <li>✚ Our actions often impact others.</li> <li>✚ We have a responsibility to others (Group Promises and Behaviors of Respect)</li> <li>✚ It is important to do the right thing, even if it is not the easiest way.</li> </ul> <p><b>Self-care Practices</b></p> <ul style="list-style-type: none"> <li>✚ It is important to identify and practice positive healthy routines for physical, mental, and emotional well-being.</li> <li>✚ Children need “slow-down” time during the day.</li> <li>✚ Getting enough sleep, having a good diet, engaging in daily physical activity, expressing emotions in positive healthy ways, and helping others are ways to practice self-care.</li> </ul>
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<p><b>I BELIEVE- Sense of Purpose and Future</b></p> <p><b>Major Message:</b> <i>I BELIEVE in my purpose and future.</i></p> <p>According to literature, sense of purpose and future appears to be the most powerful predictor and protective factor of a positive outcome for children and youth.</p> <p>This is why the concept of HOPE is so important. Despite what a child or youth may be experiencing today they need to believe the future can be different and better and they have some control over their future in large part by the choices they make.</p> <p><b>Benefits:</b></p> <ul style="list-style-type: none"> <li>• Understanding they have some control over their future,</li> <li>• Having hope that the future can be better than what they may currently be experiencing,</li> <li>• Recognizing the importance of “grit”, sticking with it even when its hard,</li> <li>• Accepting benefits of delayed gratification and resisting negative influences in achieving aspirations, and;</li> <li>• Believing in a power greater than themselves to turn to for help.</li> </ul>	<p style="text-align: center;"><b>I BELIEVE: Sense of Purpose and Future</b></p> <p><b>Dreams and Aspirations</b></p> <ul style="list-style-type: none"> <li>✚ It is important to have a hope and a belief the future can be different than the present.</li> <li>✚ Can provide the motivation and inspiration to accomplish dreams.</li> <li>✚ A dream for the future needs a plan in order to materialize; otherwise, it is just a “dream.”</li> </ul> <p><b>Goal Setting</b></p> <ul style="list-style-type: none"> <li>✚ Can include both short-, middle-, and long-term goals.</li> <li>✚ It is important to identify steps needed to achieve their goals.</li> <li>✚ Keep in mind goals can be modified and changed as needed.</li> </ul> <p><b>Self-Control and Self-Discipline</b></p> <ul style="list-style-type: none"> <li>✚ To accomplish dreams, and achieve goals, requires self-control and self-discipline.</li> <li>✚ Delayed gratification is often required.</li> <li>✚ Resist negative unhealthy temptations.</li> </ul> <p><b>Motivation</b></p> <ul style="list-style-type: none"> <li>✚ Motivation gives purpose and direction to their behavior(s).</li> <li>✚ Learn to handle failure and setbacks as part of the process. Failure is not necessarily final. We can learn from mistakes.</li> </ul> <p><b>Perseverance</b></p> <ul style="list-style-type: none"> <li>✚ Sometimes in the face of difficulty or obstacles, perseverance may be required.</li> <li>✚ “Grit” is the ability to keep on keeping on and staying with a situation despite difficulties encountered, is often what determines success.</li> <li>✚ Important to know when to change course or even quit.</li> </ul> <p><b>Faith/Spiritual Connectedness</b></p> <ul style="list-style-type: none"> <li>✚ Research shows children with spiritual/religious beliefs are more optimistic, flexible, and can better handle setbacks. Not only attendance, but active involvement makes the largest impact.</li> <li>✚ A belief things will work out.</li> </ul>
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