California Transformative Social and Emotional Learning (T-SEL) Competencies

Relationship Skills: Middle School

Identity	A	Students examine and reflect on how they make decisions, how their peers influence these decisions, and how to better navigate peer-pressure situations. 4.A.3
	B	Students explore different types of leadership and recognize that different leadership capacities, skills, and styles are needed in varied contexts. Students increasingly take on leadership roles and reflect on and identify areas of improvement. 4.B.3
Belonging	C	Students examine and reflect on the changing nature of friendships and other relationships and the importance of a diverse peer network. Students recognize characteristics of healthy and unhealthy relationships. Students reflect on effective communication within a relationship and the potential impact technology can have on communication and relationships. 4.C.3
	D	Students explore different cultural practices and world views. Students begin to develop skills for communication and interaction across cultures. Students recognize the importance of a lifelong commitment to reflection and self-critique as the foundation of cultural humility. 4.D.3
Agency	E	Students work with peers and adults to come up with mutually acceptable solutions that address underlying concerns on both sides. 4.E.3
	F	Students proactively use restorative approaches, including restorative questions in conflicts. Students increasingly take responsibility for harm they may cause and look for opportunities to repair relationships. Students practice forgiveness. 4.F.3
	G	Students learn and practice nonviolent communication strategies. Students use their strengths to: improve communication; voice opinions directly, with tact; and advocate to have their wants and needs met. Students engage in respectful negotiation. 4.G.3
	H	Students examine and reflect on the concept of microaggression. Students understand allyship and the bystander effect. Students understand that allyship is a continuous process that includes ongoing self-reflection. 4.H.3