

Curriculum-Based Support Group (CBSG®) Program Domains

The CBSG® Program is based on resiliency and protective factor research and incorporates social, emotional learning (SEL) principles and practices.

There are 5 Domains & Major Messages that are the core of the CBSG® Program.

Domain	Objectives	Major Messages
Self-Awareness	<ul style="list-style-type: none"> -Self-Perception/Identity/Value -Sense of Self-Confidence -Self-Efficacy -Recognizing Strengths -Identifying emotions & healthy ways to express and cope with them 	<i>I AM Likeable, Capable, Unique and Valued.</i>
Social-Awareness & Competence	<ul style="list-style-type: none"> -Empathy -Perspective Taking -Appreciating Diversity -Respect for Self & Others -Ability to assert oneself -Ability to adapt to change 	<i>I CAN treat others like I want to be treated.</i>
Relationship Skills	<ul style="list-style-type: none"> -Building meaningful relationships -Communication -Working Cooperatively -Resolving Conflicts -Identifying safe & caring people -Helping & seeking help 	<i>I HAVE meaningful relationships and people who care about me.</i>
Responsible Decision Making	<ul style="list-style-type: none"> -Critical & creative thinking -Identifying & solving problems -Analyzing situations -Understanding positive and negative consequences -Ethical responsibility -Self-Care practices 	<i>I WILL make healthy, responsible decisions.</i>
Sense of Purpose & Future	<ul style="list-style-type: none"> -Dreams & aspirations -Goal-Setting -Self-Control -Self-Discipline & Motivation -Perseverance -Faith/Spiritual Connectedness 	<i>I BELIEVE in my purpose and future.</i>