

# I CAN

*treat others like I want to be treated.*



## SOCIAL-AWARENESS & COMPETENCE



### EMPATHY

- Capability to understand and share in someone else's emotions and feelings.
- 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.

### PERSPECTIVE TAKING

- Perspective is the lens through which they view the world.
- Can learn to look beyond their own point-of-view and understand and appreciate how others view things.

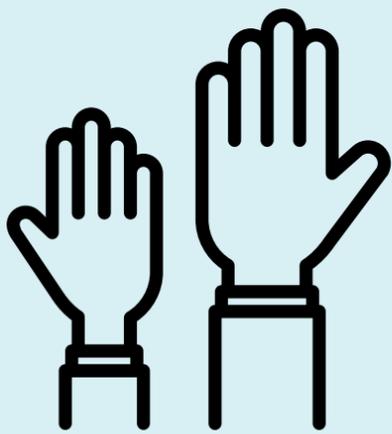


### APPRECIATING DIVERSITY

- When socially aware, they recognize, appreciate, and celebrate each other's differences including race, culture, language, religious practices, types of food, etc.
- The world would be a boring place if we were all the same.

### RESPECT FOR SELF & OTHERS

- Respect is to feel or show esteem or honor for someone.
- Believe they have worth and value and are worthy of respect.
- 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.



### ABILITY TO ASSERT ONESELF

- They have the right to share and even defend and stand up for their beliefs in a respectful way.
- Recognize it is important not to deny/discount feelings.
- They can resist negative peer pressure and say "no" to unhealthy behaviors and choices.

### ABILITY TO ADAPT TO CHANGE

- We live in a world that is always changing.
- Some changes in life are planned for and some are unexpected and can happen rapidly.
- There are changes in life they like and changes in life they do not like.
- They can learn to accept, adapt, and cope with changes they do not like and have no control over.

