

## The 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. These 5 Domains and Major Messages are core to the CBSG® Program:

### SELF AWARENESS

**I AM likeable, capable, unique, and valued.**

- Self-perception/identity/value
- Sense of self-confidence
- Self-efficacy
- Recognizing strengths
- Identifying emotions & healthy ways to express & cope with them
- Recognize one another's differences

### SOCIAL AWARENESS & COMPETENCE

**I CAN treat others like I want to be treated.**

- Empathy
- Perspective-taking
- Appreciating diversity
- Respect for self & others
- Ability to assert oneself
- Ability to adapt to change



### SENSE OF PURPOSE & FUTURE

**I BELIEVE in my purpose and future.**

- Dreams & aspirations
- Goal-setting
- Self-control
- Self-discipline & motivation
- Perseverance
- Faith/spiritual connectedness

### RESPONSIBLE DECISION MAKING

**I WILL make healthy, responsible decisions.**

- Critical & creative thinking
- Identifying & solving problems
- Analyzing situations
- Ethical responsibility
- Self-care practices
- Understanding positive & negative consequences

### RELATIONSHIP SKILLS

**I HAVE meaningful relationships and people who care about me.**

- Building meaningful relationships
- Communication
- Working cooperatively
- Resolving conflicts
- Identifying caring & safe people
- Helping & seeking help