Kansas Social, Emotional, and Character Development Competencies

Character Development - Core Principles PRE-K-2 (3-7)

A successful student can:

- Understand and demonstrate appropriate and inappropriate behaviors and the impact it has on others in all communities.
- Exhibit clear and consistent expectations of good character throughout all school activities and in all areas of the school.
- Recognize characteristics of caring relationships, hurtful relationships, and can identify trusting adults.
- Understand active listening.
- Understand and demonstrate the difference between “tattling,” “telling,” and “reporting.”

Character Development - Responsible Decision-Making and Problem-Solving PRE-K-2 (3-7)

A successful student can:

- Identify and illustrate safe and unsafe situations.
- Identify scheduled activities and allocate appropriate time to spend on each.
- Develop self-control skills (for example, stop, take a deep breath, and relax).
- Identify and demonstrate problem-solving processes.

Personal Development - Self-Awareness PRE-K-2 (3-7)

A successful student can:

- Identify and describe a variety of emotions.
- Identify personal strengths and weaknesses.
- Identify people, places, and other resources to go to for help (parents, relatives, school personnel).
- Identify situations within their control and outside their control that might evoke emotional responses.
- Ask clarifying questions.

Personal Development - Self-Management PRE-K-2 (3-7)

A successful student can:

• Identify and demonstrate techniques to manage common stress and emotions.

- Identify healthy personal hygiene habits.
- Describe and practice sending effective verbal and nonverbal messages.
- Describe personal responsibilities in school, home, and communities.
- Identify the process of setting and achieving personal, school, and home goals (for example, hopes and dreams).

Social Development - Social Awareness PRE-K-2 (3-7)

A successful student can:

- Label other's feelings based on verbal and nonverbal cues in different situations.
- Demonstrate an ability to listen to others.
- Demonstrate a capacity to care about the feelings of others.
- Describe ways that people are similar and different.

Social Development - Interpersonal Skills PRE-K-2 (3-7)

A successful student can:

- Describe how words, voice tone, and body language communicate and can impact relationships positively and negatively.
- Demonstrate active listening, sharing, and responding skills to identify the feelings and perspectives of others.
- Recognize the difference between helpful and harmful behaviors in relationships and understand how to report harmful behaviors for protection in unsafe situations.
- Identify and practice appropriate behaviors to maintain positive relationships.
- Develop self-regulation skills to prevent, manage, and resolve interpersonal conflicts constructively with guidance from adults.
- Identify and practice healthy conflict resolution including self-regulatory skills to increasingly prevent, manage, and resolve interpersonal conflicts constructively.

Character Development - Core Principles 3-5 (8-10)

A successful student can:

- Interpret ethical reasoning through discussion of individual and community, assess positive responsible action, and reflect on personal involvement.
- Explain and demonstrate clear and consistent expectations of good character throughout all school activities and in all areas of the school.
- Demonstrate and practice characteristics of caring and empathic relationships with family, school, and community and recognize hurtful relationships and the impact they have on others.
- Differentiate between bullying, teasing, and harassment by explaining how power, control, popularity, security, and fear play into bullying behavior toward others.
- Describe the role of students in instances of bullying (bystanders, “upstanders,” students who bully, targets of bullying).
- Recognize and model how a bystander can be part of the problem or solution, and how certain behaviors can have unintended consequences.

Character Development - Responsible Decision-Making and Problem-Solving 3-5 (8-10)

A successful student can:

- Compare and contrast safe and unsafe situations.
- Identify choices made and the consequences of those choices, including consequences of inappropriate behavior.
- Create a daily schedule of school work and activities.
- Identify and organize what materials are needed to be prepared for class.
- Identify factors that inhibit or advance the accomplishment of personal goals.
- Recognize how, when, and who to ask for help.
- Apply self-regulation skills.
- Identify, demonstrate, and analyze problem-solving processes.

Personal Development - Self-Awareness 3-5 (8-10)

A successful student can:

- Describe behavioral responses depending on context and situation.
- Identify the varying degrees of emotions one can experience in different situations and recognize reactions to emotions.
- Describe, identify, and practice the benefits of various personal qualities (for example, personal strengths, weaknesses, interests, and abilities).
- Identify reliable self-help strategies (for example, positive self-talk, problem-solving, time management, self-monitoring).
- Solicit the feedback of others and become an active listener.
- Identify additional external supports (for example, friends, historical figures, media representations).

Personal Development - Self-Management 3-5 (8-10)

A successful student can:

- Identify and develop techniques to manage emotions.
- Describe cause/effect relationships and distinguish between facts and opinions.
- Identify and demonstrate civic responsibilities in a variety of situations (for example, bullying, vandalism, and violence).
- Predict possible outcomes to behavioral choices.
- Develop and practice responsibility for personal hygiene.
- Acknowledge and recognize responsibilities in school, home, and community, including environmental.
- Examine the personal impact of helping others.

- Reflect on personal responses to success, challenge, failure, and disappointment and understand the cause and effect of impulsive behavior.
- Identify and utilize potential resources and demonstrate factors that lead to the achievement of goals (for example, integrity, motivation, hard work).
- Demonstrate and design an action plan for achieving, evaluating, and monitoring personal, school, and home goals.

Social Development - Social Awareness 3-5 (8-10)

A successful student can:

- Describe a range of emotions in others based on verbal and nonverbal cues in different situations.
- Use “I statements” to let others know that they have heard them.
- Develop strategies for building relationships, including recognizing and developing respect for individual similarities and differences.
- Demonstrate respect for the perspectives of others.

Social Development - Interpersonal Skills 3-5 (8-10)

A successful student can:

- Describe how words, voice tone, and body language communicate and impact relationships positively and negatively and respond appropriately and respectfully in social situations.
- Practice refusal skills for protection in unsafe situations.
- Recognize differences in communication practices in face-to-face interactions from social media interactions.
- Recognize characteristics of healthy and unhealthy relationships, including the impact of peer pressure.
- Demonstrate a capacity to manage actions and emotional expressions with guidance from adults.
- Describe, utilize, and apply conflict resolution strategies to be proactive, advocate, and resolve conflict in a constructive manner.

Character Development - Core Principles 6-8 (11-13)

A successful student can:

- Understand and demonstrate appropriate and inappropriate behaviors and the impact it has on others in all communities.
- Create clear and consistent expectations of good character in all settings.
- Analyze the characteristics of caring relationships, hurtful relationships, and identify trusting adults.
- Apply empathic concern and try to understand the perspective or point of view of others.
- Practice active listening.
- Utilize multiple media and technologies:
  - Ethically and respectfully.
  - Evaluate its effectiveness.
  - Assess its impact.
- Differentiate behavior as bullying or not and can model positive peer interactions that are void of bullying behaviors.
- Analyze how a bystander can be part of the problem or part of the solution by becoming an “upstander.”

Character Development - Responsible Decision-Making and Problem-Solving 6-8 (11-13)

A successful student can:

- Manage safe and unsafe situations.
- Recognize the consequences of sexting and sexual behavior, including sexual consent and the inability of minors to give consent.
- Monitor how responsible decision-making affects progress toward achieving goals.
- Recognize how, when, and who to ask for help.
- Monitor factors that will inhibit or advance effective time management.
- Analyze their daily schedule of school work and activities for effectiveness and efficiency.
- Construct and model classroom expectations and routines.
- Compare and contrast behaviors that do or do not support positive classroom management.
- Identify specific feelings about a problem and apply self-regulation skills.
- Identify, state, and demonstrate problem-solving processes.
- Understand resiliency and how to make adjustments and amendments to the plan.

Personal Development - Self-Awareness 6-8 (11-13)

A successful student can:

- Critically reflect on common emotions and behavioral responses.
- Recognize common stressors and the degree of emotion experienced (for example, in face-to-face or electronic communication).
- Analyze personality traits, personal strengths, weaknesses, interests, and abilities.
- Identify resources for problem-solving (additional print and electronic resources or specific subject problem-solving models).
- Identify external supports (for example, friends, inspirational characters in literature, historical figures, and media representations).
- Recognize how behavioral choices impact success.

- Identify self-enhancement, self-preservation, and self-help strategies.

Personal Development - Self-Management 6-8 (11-13)

A successful student can:

- Identify multiple techniques to manage stress and maintain confidence.
- Recognize the impact of personal care.
- Practice effective communication (for example, listening, reflecting, and responding).
- Recognize logical fallacies, bias, hypocrisy, contradiction, distortion, and rationalization.
- Demonstrate and describe personal responsibilities to self, others, and the environment (for example, friends, family, school, community, state, country, culture, and the world).
- Analyze the personal impact of helping others.
- Analyze experiences that shape their perspective and demonstrate empathy in a variety of settings and situations.
- Utilize external supports and describe common and creative strategies for overcoming or mitigating obstacles.
- Analyze the factors that lead to the achievement of school and personal goals, including the effect personal habits and meaningful practice have on that achievement.

Social Development - Social Awareness 6-8 (11-13)

A successful student can:

- Identify a range of emotions in others based on verbal and nonverbal cues in different situations.
- Demonstrate respect and empathy for other people's perspectives.
- Practice strategies for accepting and respecting similarities and differences, including "perspective taking" as a strategy.
- Demonstrate a growth mindset and a willingness to integrate diverse points of view.

Social Development - Interpersonal Skills 6-8 (11-13)

A successful student can:

- Monitor how facial expressions, body language, and tone impact interactions and can determine when and how to respond to the needs of others, demonstrating empathy, respect, and compassion.
- Engage in advocacy and/or refusal skills during times of bullying, harassment, intimidation, or abusive behavior, and identify appropriate and inappropriate uses of social and other media and the potential repercussions and implications.
- Understand how safe and risky behaviors affect relationships, one's health and well-being, and understand effective responses.
- Respond in a healthy manner to peer pressure against self and others.
- Evaluate how self-regulation and relationships impact life.
- Identify the impact of social media in relationships, and identify the role and needs of self and others when managing and resolving conflict in a constructive manner.
- Practice active listening and respectful communication skills.
- Reflect on previous experiences to gain conflict management skills.

Character Development - Core Principles 9-12 (14-18+)

A successful student can:

- Recognize and exhibit appropriate and inappropriate behaviors and the impact it has on others in the virtual community.
- Expectations of good character in a virtual setting.
- Hold self and others accountable appropriately for demonstrating behaviors of good character throughout all school activities and in the community.
- Evaluates characteristics of caring relationships and hurtful relationships, and can identify trusting adults.
- Conclude how to act in accordance with the principle of respect for all human beings.
- Evaluate the active listening skills of all parties involved before, after, and during conversations.
- Utilize multiple media and technologies ethically and respectfully evaluate its effectiveness and assess its impact.
- Analyze and evaluate the effectiveness of bullying interventions and reporting strategies.
- Appraise and evaluate behavior as relational aggression and/or bullying, and can model positive peer interactions that are void of bullying behaviors.

Character Development - Responsible Decision-Making and Problem-Solving 9-12 (14-18+)

A successful student can:

- Evaluate situations that are safe and unsafe and how to avoid unsafe practices.
- Implement responsible decision-making skills when working toward a goal and assess how these skills lead to goal achievement.
- Recognize: How, when, and who to ask for help. Can utilize resources available. Can advocate for personal needs.
- Utilize time and materials to complete assignments on schedule and anticipate the possible obstacles to completing tasks on schedule.
- Analyze the purpose and impact of classroom and schoolwide activities, policies, and routines.
- Interpret and evaluate the importance of personal roles and responsibilities in the overall school climate.
- Identify personal feelings and the feelings of others involved with a problem and apply appropriate self-regulation and empathy skills.
- Identify, analyze, and demonstrate problem-solving processes, including applying improvement strategies to future projects and situations.
- Use resiliency to reflect on past problems and identify ways to improve and implement change.

Personal Development - Self-Awareness 9-12 (14-18+)

A successful student can:

- Analyze complex emotions and effective behavioral responses.
- Recognize direct and indirect positive and negative reactions to emotions and stress (for example, fight or flight response; voice volume; tonal quality; shallow/rapid breathing; rapid heart rate; crossed arms; facial distortions; sweating; substance abuse; insomnia; social withdrawal; depression; socially inappropriate displays of emotions; bullying; and risk-taking behaviors (i.e. vaping, teen pregnancy).
- Evaluate the effects of personal qualities (for example, honesty and integrity).
- Evaluate external supports and resources for problem-solving (additional print and electronic resources or specific subject problem-solving models).
- Evaluate how behavior choices affect goal success.
- Analyze self-reflection, self-enhancement, self-preservation, and self-help strategies.

Personal Development - Self-Management 9-12 (14-18+)

A successful student can:

- Identify and evaluate techniques to successfully manage emotions, stress, personal care, and maintain confidence.
- Recognize the impact of personal care.
- Analyze the accuracy of facts/information/interpretation and evaluate logical and emotional appeals.
- Apply effective listening skills in a variety of settings and situations and recognize barriers to effective listening.
- Analyze the consequences/outcomes of logical fallacies, bias, hypocrisy, contradiction ambiguity, distortion, and rationalization.
- Analyze civil/democratic, environmental, and personal responsibilities to self and others (for example, friends, family, school, community, state, country, and world).
- Demonstrate empathy in a variety of settings, contexts, and situations.
- Predict the potential outcome of impulsive behavior.
- Evaluate factors, like personal habits and meaningful practice, and how those factors lead to the achievement of school and personal goals.
- Analyze and activate strategies used previously to overcome obstacles.

Social Development - Social Awareness 9-12 (14-18+)

A successful student can:

- Evaluate a range of emotions in others based on verbal and nonverbal cues in different situations.
- Practice empathy for others and differentiate between the factual and emotional content of a person's communication.
- Challenge personal perspective with cognitive dissonance to enhance a growth mindset and recognize how personal perspective and biases impact interactions with others.
- Evaluate how advocacy for the rights of others contributes to the common good.

Social Development - Interpersonal Skills 9-12 (14-18+)

A successful student can:

- Engage in coregulation to create a positive group dynamic, and evaluate how societal and cultural norms and mores affect personal interactions, decisions, and behaviors.
- Respond appropriately when self and/or others are threatened with physical or emotional harm.
- Present oneself professionally and exhibit proper etiquette, as well as practice constructive strategies in social and other media.
- Identify the consequences of safe and risky behaviors.
- Practice refusal strategies and reporting of unhealthy behaviors and relationships.
- Define the impact of social media on reputations and relationships.
- Develop an understanding of relationships within the context of networking and careers.
- Apply effective and appropriate conflict resolution and mediation skills to prevent and resolve conflict in a constructive manner.