RELATIONSHIP SKILLS

The abilities to establish and maintain healthy and supportive relationships and to communicate clearly, listen actively, cooperate, work collaboratively to problem solve and negotiate conflict constructively, provide leadership, and seek or offer help when needed.

I WORK TO HAVE HEALTHY RELATIONSHIPS.

Relationship Skills SEL Competencies	7-9 Grades	10-12 Grades
1. Use positive communication and social skills to interact effectively with others.	• Demonstrates ability to perform different roles in a cooperative group to achieve group goals. • Identifies appropriate and inappropriate uses of social networking. • Practices reflective listening. • Uses understanding of how and why others respond in each situation (e.g., assertive, passive, or aggressive) to respond respectfully and effectively with others.	• Demonstrates strategies for collaborating with peers, adults, and others in the community to support and move group efforts forward. • Offers and accepts constructive feedback in order to help others and improve self. • Strives to maintain an objective, non- judgmental tone during disagreements. • Uses assertive communication to have needs met without negatively impacting others. • Empowers, encourages, and affirms themselves and others through their interactions.
2. Develop and maintain positive relationships.	• Identifies the impact of social media in developing and sustaining positive relationships. • Distinguishes between helpful and harmful peer pressure and demonstrates strategies for resisting harmful peer pressure. • Develops friendships based on personal values.	• Actively participates in a healthy support network of valued relationships. • Independently seeks out mentors that support personal development and future goals. • Develops understanding of relationships within the context of networking for college and career interests. • Describes the impact of social networking on one's life, reputation, and relationships.
3. Demonstrate an ability to prevent, manage, and/or resolve interpersonal conflicts in constructive ways.	• Identifies one's role and responsibility the roles of others in conflict resolution. • Recognizes ones' actions in creating conflict (e.g., spreading rumors, use of social media, wrongful accusations). • Applies conflict resolution skills to de-escalate, defuse, and resolve differences. • Identifies and accesses positive supports when needed in a conflict situation/crisis.	• Accesses positive supports when needed in a conflict situation/crisis and problem-solving (e.g., security, trusted adults, peer mediators, counselors). • Evaluates and reflects on one's role in a conflict and utilizes this information to improve behavior in future conflicts. • Uses skills and strategies needed to manage intimidation, avoid, and escape violence, and maintain personal safety.