



Relationship Skills

I interact in ways that build positive relationships with people like me and different from me. I am able to handle conflicts in healthy ways.

- What skills do I have for getting along well with others?
- How do I work with people who are like me and different from me?
- How do I listen and express myself to keep healthy relationships?

***Social and emotional learning (SEL)** is a process through which children and adults develop the fundamental skills for life effectiveness. We need SEL skills for ourselves, our relationships, and our work. In OUSD, we believe that strengthening these skills enhances our ability to effectively and ethically connect across race, class, culture, language, gender identity, sexual orientation, learning needs, and age.*