# TEACHER REFERENCE

## Self-Awareness

- I recognize and celebrate facets of my experience and cultural identity.
- I recognize that I have biases.
- I am aware of my emotions and have the vocabulary to name how I am feeling.
- I am aware of my interests and aspirations.
- I am kind to myself and recognize mistakes and setbacks as opportunities to grow.
- I recognize when I would benefit from guidance or support.

**I am reflective.**

## Self-Management

- I remain true to myself and maintain my integrity.
- I take care of myself; I am mindful of my health, my needs, and my hygiene.
- I self-regulate; I stop, think, and plan based on information and facts.  I evaluate the consequences of my actions.
- I take initiative to explore my interests and pursue my goals.
- I seek, receive and consider feedback openly.
- I ask for guidance or support to help me succeed.

**I am capable.**

## Advocacy and Upstandership

- I speak up to challenge stereotyping, bullying, exclusion, and injustice when I encounter it.
- I have the courage to advocate for myself and others.
- I act as an ally for individuals and groups different from myself.
- I take steps to make my school/community more inclusive and equitable.
- I acknowledge when I have acted unjustly or insensitively and work to get back on track.

**I am courageous.**

## Social Awareness

- I show empathy and compassion for others and seek to learn about diverse backgrounds, cultures, and contexts.
- I detect and interpret social cues.
- I am sensitive to power imbalances and peer pressure in group settings.
- I appreciate the strengths and contributions of others.
- I understand my role in preserving the well-being of my family, community and world.

**I am caring.**

## Social Management

- I listen actively and communicate clearly.
- I establish and maintain healthy relationships.
- I resist peer pressure and make good decisions in group settings.
- I seek to resolve conflict and repair harm constructively.
- I participate in collective efforts to help the community.

**I am responsible.**

# MUFSD SEQUITY FRAMEWORK