

Self-Awareness

- What makes me special?
- What are my passions and goals?
- What are my biases?
- How am I feeling? Why?
- How am I being kind to myself?
- Can I help myself or do I need to ask for help?

I am reflective.

ASK YOURSELF...

Advocacy and Upstandership

- Am I an upstander who speaks up when I see injustice?
- How do I protect the dignity and belonging of all members of our community and world?
- How can I take ownership of my mistakes, repair harm and restore peace?

I am courageous.

Self-Management

- How do I take care of myself?
- What do I need to do to reach my goals?
- Do I stop and think before I act? What strategies do I use to problem solve?
- Do I hear feedback with an open mind and heart?
- How can I get help when I need it?

I am capable.

Social Awareness

- What makes other people special?
- How are other people feeling? Why?
- Do I know what peer pressure looks like and feels like?
- Do I show my gratitude for others?
- What role do I play in supporting my family, school and community?

I am caring.

Social Management

- Do I listen carefully and use kind words?
- How can I build and keep healthy relationships?
- Do I resist peer pressure and make good decisions?
- Am I able to admit when I make a mistake?
- How do I work together with others?

I am responsible.

MUFSD
SEQUITY
FRAMEWORK