

# Washington's K-12 SEL Standards and Benchmarks

Self	Social
<p><b>Standard 1—Self-Awareness:</b> Individual can identify their emotions, personal assets, areas for growth, and potential external resources and supports.</p>	<p><b>Standard 4—Social Awareness:</b> Individual can take the perspective of and empathize with others from diverse backgrounds and cultures.</p>
<p><u>Benchmark 1A:</u> Demonstrates awareness and understanding of one's own emotions and emotions' influence on behavior.</p> <p><u>Benchmark 1B:</u> Demonstrates awareness of personal and collective identity encompassing strengths, areas for growth, aspirations, and cultural and linguistic assets.</p> <p><u>Benchmark 1C:</u> Demonstrates self-awareness and understanding of external influences, e.g., culture, family, school, and community resources and supports.</p>	<p><u>Benchmark 4A:</u> Demonstrates awareness of other people's emotions, perspectives, cultures, languages, histories, identities, and abilities.</p> <p><u>Benchmark 4B:</u> Demonstrates an awareness and respect for similarities and differences among community, cultural and social groups.</p> <p><u>Benchmark 4C:</u> Demonstrates an understanding of the variation within and across cultures.</p>
<p><b>Standard 2—Self-Management:</b> Individual can regulate emotions, thoughts, and behaviors.</p>	<p><b>Standard 5—Social Management:</b> Individual can make safe and constructive choices about personal behavior and social interactions.</p>
<p><u>Benchmark 2A:</u> Demonstrates the skills to manage one's emotions, thoughts, impulses, and stress in constructive ways.</p> <p><u>Benchmark 2B:</u> Demonstrates responsible decision-making and problem-solving skills.</p>	<p><u>Benchmark 5A:</u> Demonstrates a range of communication and social skills to interact effectively with others.</p> <p><u>Benchmark 5B:</u> Demonstrates the ability to identify and take steps to resolve interpersonal conflicts in constructive ways.</p> <p><u>Benchmark 5C:</u> Demonstrates the ability to engage in respectful and healthy relationships with individuals of diverse perspectives, cultures, language, history, identity, and ability.</p>
<p><b>Standard 3—Self-Efficacy:</b> Individual can motivate themselves, persevere, and see themselves as capable.</p>	<p><b>Standard 6—Social Engagement:</b> Individual can consider others and show a desire to contribute to the well-being of school and community.</p>
<p><u>Benchmark 3A:</u> Demonstrates the skills to set, monitor, adapt, persevere, achieve, and evaluate goals.</p> <p><u>Benchmark 3B:</u> Demonstrates problem-solving skills to engage responsibly in a variety of situations.</p> <p><u>Benchmark 3C:</u> Demonstrate awareness and ability to speak on behalf of personal rights and advocacy.</p>	<p><u>Benchmark 6A:</u> Demonstrates a sense of school and community responsibility.</p> <p><u>Benchmark 6B:</u> Demonstrates the ability to work with others to set, monitor, adapt, achieve, and evaluate goals.</p> <p><u>Benchmark 6C:</u> Contributes productively to one's school, workplace, and community.</p>