

**Social Awareness**

The ability to take the perspective of and empathize with others, including those from diverse backgrounds and cultures. The ability to understand social and ethical norms for behavior and to recognize family, school, and community resources and supports.



Welcome and Orientation  
Words of Appreciation and Acceptance  
Creating Group Rules  
Respecting Confidentiality  
Getting to Know Others' Strengths/Needs  
Praise Waves

**Self-Awareness**

The ability to accurately recognize one's emotions and thoughts as well as their influence on behavior. This includes accurately assessing one's strengths and limitations, having a growth mindset, and possessing a well-grounded sense of confidence and optimism.



Self-Esteem Overview  
Recognizing Personal Triggers  
Monitoring Moods, Drug Use, School Smarts  
Building Self-Esteem, Beating the Blues  
Knowing and Appreciating Myself & Others  
Self-Praise, Positive Self-Talk  
Recognition of Progress  
My School Smarts Checklist

**Responsible Decision Making**

The ability to make constructive choices about personal behavior and social interactions based on ethical standards, safety concerns, and social norms. The realistic evaluation of consequences of various actions, and a consideration of the well-being of oneself and others.



Mini-Steps  
Benefits of Healthy Decisions  
Evaluating Past Decisions  
Do You Take STEPS?  
STEPS for Healthy Decisions  
Avoiding Triggers  
Saying No with Style  
Making Healthy Decisions: Drug-Use Control  
Preventing Slips/Relapse (in any goal)

**Self-Management**

The ability to successfully regulate one's emotions, thoughts and behaviors in different situations – effectively managing stress, controlling impulses and motivating oneself. The ability to set and work toward personal and academic goals.



Take Control by Setting Goals  
Setting & Monitoring Goals  
Unrealistic vs. Achievable Goals  
Take Personal Control  
How Are You Feeling Today?  
Really Great Activities for Beating the Blues  
Personal Control Pathway  
Self-Talk Antidotes (to Anger, Stress, Anxiety)  
Quieting Response (QR)

**Relationship Skills**

The ability to establish and maintain healthy and rewarding relationships with diverse individuals and groups. The ability to communicate clearly, listen well, cooperate with others, resist inappropriate social pressure, negotiate conflict constructively, and seek and offer help when needed.



How Are We Doing in Group?  
Words and Ways of Giving Support  
Ways to Praise and Encourage  
Learning How to Get Support  
Ways to Ask: Getting Help & Support  
My Help & Support Contract