

Imagine Purpose

WA Social Emotional Learning Standards and Benchmarks Alignment

TRAUMA-INFORMED LIVING

		Imagine Purpose 6-12 Course: TRAUMA-INFORMED LIVING																
		Unit 1: PERSONAL WELLNESS				Unit 2: LIVING WITH TRAUMA				Unit 3: MENTAL HEALTH AWARENESS AND ASSISTANCE				Unit 4: SUICIDE PREVENTION				
		PERSONAL SAFETY	RECOGNIZING POTENTIAL BARRIERS	SELF-ESTEEM	HELPLESSNESS TO HOPEFULNESS	SOCIAL-EMOTIONAL TRAUMA	REAL-LIFE CHILDHOOD TRAUMA	DEALING WITH DEPRESSION	OVERCOMING ANXIETY	PREVENTION OF MENTAL HEALTH DISORDERS	REDUCING THE STIGMA OF MENTAL HEALTH	SIGNS AND SYMPTOMS OF MENTAL HEALTH DISORDERS	WARNING SIGNS	SUICIDE PREVENTION	IDENTIFYING SUICIDE RISKS AND PROTECTIVE FACTORS	THERE'S NO SHAME IN ASKING FOR HELP	FINDING AVAILABLE COMMUNITY SUICIDE PREVENTION RESOURCES	
WA SEL Standards and Benchmarks ¹	SELF-AWARENESS ²	Demonstrates awareness and understanding of one's own emotions and emotions' influence on behavior.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
		Demonstrates awareness of personal and collective identity encompassing strengths, areas for growth, aspirations, and cultural and linguistic assets.		✓	✓		✓	✓										
		Demonstrates self-awareness and understanding of external influences, e.g., culture, family, school, and community resources and supports.				✓	✓											
	SELF-MANAGEMENT ³	Demonstrates the skills to manage one's emotions, thoughts, impulses, and stress in constructive ways.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
		Demonstrates responsible decision-making and problem-solving skills.	✓	✓	✓	✓	✓	✓	✓	✓	✓		✓	✓				✓
	SELF-EFFICACY ⁴	Demonstrates the skills to set, monitor, adapt, persevere, achieve, and evaluate goals.	✓	✓	✓	✓	✓	✓		✓	✓			✓				✓
		Demonstrates problem-solving skills to engage responsibly in a variety of situations.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		✓	✓	✓	✓	✓
		Demonstrate awareness and ability to speak on behalf of personal rights and advocacy.	✓									✓			✓	✓	✓	
	SOCIAL AWARENESS ⁵	Demonstrates awareness of other people's emotions, perspectives, cultures, languages, histories, identities, and abilities.		✓			✓	✓	✓	✓	✓	✓	✓	✓				✓
		Demonstrates an awareness and respect for similarities and differences among community, cultural and social groups.										✓			✓			
		Demonstrates an understanding of the variation within and across cultures.					✓	✓										
	SOCIAL MANAGEMENT ⁶	Demonstrates a range of communication and social skills to interact effectively with others.	✓								✓	✓			✓			✓
Demonstrates the ability to identify and take steps to resolve interpersonal conflicts in constructive ways.		✓			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
Demonstrates the ability to engage in respectful and healthy relationships with individuals of diverse perspectives, cultures, language, history, identity, and ability.		✓									✓			✓	✓	✓		
SOCIAL ENGAGEMENT ⁷	Demonstrates a sense of school and community responsibility.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓			✓	✓	
	Demonstrates the ability to work with others to set, monitor, adapt, achieve, and evaluate goals.	✓			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
	Contributes productively to one's school, workplace, and community.	✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓			✓	✓	

- <https://ospi.k12.wa.us/sites/default/files/2023-08/selstandardsandbenchmarksonepager.pdf>
- "Individual can identify their emotions, personal assets, areas for growth, and potential external resources and supports."
- "Individual can regulate emotions, thoughts, and behaviors."
- "Individual can motivate themselves, persevere, and see themselves as capable."
- "Individual can take the perspective of and empathize with others from diverse backgrounds and cultures."
- "Individual can make safe and constructive choices about personal behavior and social interactions."
- "Individual can consider others and show a desire to contribute to the well-being of school and community."