

## Alignment with the Collaborative for Academic, Social, and Emotional Learning (CASEL) Standards

Read on to see details on how you can use [DigiPals](#) to develop students' Digital Citizenship in relation to the [Collaborative for Academic, Social, and Emotional Learning \(CASEL\) Standards](#).



**DIGITAL ETIQUETTE:** Students understand that they need to use technology appropriately and always in a positive manner, think about the content and information they are sharing and to create a positive digital reputation.



### **Collaborative for Academic, Social, and Emotional Learning (CASEL) Self-Awareness**

The abilities to understand one's own emotions, thoughts, and values and how they influence behavior across contexts. This includes capacities to recognize one's strengths and limitations with a well-grounded sense of confidence and purpose. Such as:

- Integrating personal and social identities
  - Identifying personal, cultural, and linguistic assets • Identifying one's emotions
  - Demonstrating honesty and integrity
  - Linking feelings, values, and thoughts
  - Examining prejudices and biases
  - Experiencing self-efficacy
  - Having a growth mindset
  - Developing interests and a sense of purpose
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**DIGITAL COMMUNICATION:** Students gain empathy through interacting with people from diverse backgrounds. Students understand what is appropriate to share and which technology medium is best when sharing certain types of information.



## **Collaborative for Academic, Social, and Emotional Learning (CASEL)**

### **Social Awareness**

The abilities to understand the perspectives of and empathize with others, including those from diverse backgrounds, cultures, & contexts. This includes the capacities to feel compassion for others, understand broader historical and social norms for behavior in different settings, and recognize family, school, and community resources and supports. Such as:

- Taking others' perspectives
- Recognizing strengths in others
- Demonstrating empathy and compassion
- Showing concern for the feelings of others
- Understanding and expressing gratitude
- Identifying diverse social norms, including unjust ones
- Recognizing situational demands and opportunities
- Understanding the influences of organizations/systems on behavior

### **Relationship Skills**

The abilities to establish and maintain healthy and supportive relationships and to effectively navigate settings with diverse individuals and groups. This includes the capacities to communicate clearly, listen actively, cooperate, work collaboratively to problem solve and negotiate conflict constructively, navigate settings with differing social and cultural demands and opportunities, provide leadership, and seek or offer help when needed. Such as:

- Communicating effectively
  - Developing positive relationships
  - Demonstrating cultural competency
  - Practicing teamwork and collaborative problem-solving
  - Resolving conflicts constructively
  - Resisting negative social pressure
  - Showing leadership in groups
  - Seeking or offering support and help when needed
  - Standing up for the rights of others
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**DIGITAL ACCESS: Students become aware that not everyone has equal access to technology resources**



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