



DIGITAL CITIZENSHIP CURRICULUM	GRADE 10					
 <p>CASEL: Core SEL Competencies Grade 10</p>	Social Media and How You Feel	Risk Check for New Tech	Curated Lives	Rewarding Relationships	Countering Hate Speech Online	Challenging Confirmation Bias
<p>1. Self-Awareness: The ability to accurately recognize one’s own emotions, thoughts, and values and how they influence behavior. The ability to accurately assess one’s strengths and limitations, with a well-grounded sense of confidence, optimism, and a “growth mindset.”</p>						
a. Ability to identify emotions	•	•	•	•	•	
b. Accurate self-perception	•		•			•
c. Ability to recognize strengths						
d. Self-confidence			•		•	
e. Self-efficacy	•				•	
<p>2. Self-Management: The ability to successfully regulate one’s emotions, thoughts, and behaviors in different situations—effectively managing stress, controlling impulses, and motivating one-self. The ability to set and work toward personal and academic goals.</p>						
a. Impulse control	•					
b. Stress management				•		
c. Self-discipline	•					
d. Self-motivation						
e. Goal-setting						
f. Organizational skills						
<p>3. 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.</p>						
a. Perspective-taking	•		•	•	•	
b. Empathy				•	•	
c. Appreciating diversity					•	
d. Respect for others				•	•	

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<p>4. 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.</p>						
a. Communication	•	•	•	•	•	•
b. Social engagement	•	•	•	•	•	•
c. Relationship building	•	•	•	•	•	•
d. Teamwork	•	•	•	•	•	•
<p>5. 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.</p>						
a. Identifying problems	•	•		•	•	•
b. Analyzing solutions	•			•	•	•
c. Solving problems	•				•	•
d. Evaluating				•	•	
e. Reflecting	•			•	•	
f. Showing ethical responsibility		•			•	