

SEPTEMBER 2022

SOCIAL EMOTIONAL LEARNING: SOCIAL AWARENESS



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

SKILLS TO DEVELOP SOCIAL AWARENESS

- ✓ Identifying Social Cues (Verbal/Non-Verbal)
 - ✓ Considering Others' Perspectives
- ✓ Demonstrate Empathy and Compassion
 - ✓ Showing Concern for Others Feelings
- ✓ Understanding and expressing gratitude
 - ✓ Recognizing Others' Strengths
 - ✓ Recognizing Diverse Norms
- ✓ Being motivated to contribute to the well-being of one's family, friends, school, community, the environment, and the greater good

LEARN MORE

[Social Awareness Strategy Toolkit](#)

[Social Awareness in the Classroom](#)

[Active Listening](#)

[Open-Ended Questions](#)

[Brene' Brown- Showing Empathic Connection](#)

[Kindness, Empathy and Connection](#)

[Social Awareness Skills Assessment](#)

NATIONAL SUICIDE PREVENTION MONTH

KNOW THE FACTS:

- Overall, suicide is the 3rd leading cause of death for all youth aged children (10-24)
- Far more youth and adolescents have had suicidal ideation than those who actually attempt suicide
- Each day in our nation, there are an average of over 5,200 suicide attempts by young children in grade 9-12.
- 4 out of 5 teens who attempt suicide have given clear signs.



Know The Risk Factors:

- Depression
- Substance Abuse
- Increased Aggression and Risky Behaviors
- Previous Attempts
- Cultural Factors
- Family History/Stressors
- Self-Mutilation
- Situational Crisis
- Trauma (Past and Present)

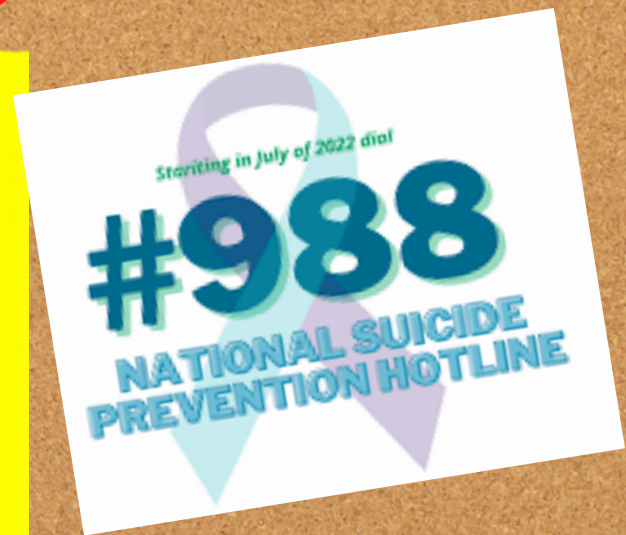
Know The Warning Signs

- Suicidal Threats
- Increased Anger
- Preoccupied with Death/Suicide (Writing Essays, Drawing, etc.)
- Making Plans (Giving Away Prized Possessions, Saying Goodbyes)

RESOURCES

DISTRICT CHALLENGES:

1. Write encouraging, positive notes for students and post them on their desks or in common student areas.
2. Wear purple as many days you can in September and post on social media #CreatingHopeThroughAction
3. Leave a positive note for a colleague
4. Be Kind to Others!



MENTAL HEALTH HOTLINES

SOCIAL EMOTIONAL LEARNING

THE CALMING SPACE

MENTAL HEALTH SERVICES

REFERRAL

SUICIDE AWARENESS VOICES

OF EDUCATION

