

# Grade Band 9-10

## Self-Awareness

**SeA1:9-10a.** I can analyze current and past emotions by considering what caused them, how long they lasted (duration), and their intensity (strength). [SEA1:9-10A](#)

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**SeA1:9-10b.** I can interpret past events and situations to explore the connection between complex emotions, body signals and thought patterns. [SEA1:9-10B](#)

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**SeA1:9-10c.** I can anticipate my emotions based on my body signals, events, and situations and identify ways to cope. [SEA1:9-10C](#)

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**SeA2:9-10a.** I can plan my post-secondary goals based on my strengths, challenges, interests and values. [SEA2:9-10A](#)

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**SeA2:9-10b.** I can demonstrate self-efficacy when facing a challenging situation. [SEA2:9-10B](#)

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**SeA2:9-10c.** I can express pride and confidence in my personal and social identities without causing harm to others. [SEA2:9-10C](#)

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## Self-Management

**SeM1:9-10a.** I can discuss situations when I experience healthy and unhealthy stress levels. [SEM1:9-10A](#)

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**SeM1:9-10b.** I can critically examine available support systems and coping skills to identify those that most benefit regulation of my emotions and stress. [SEM1:9-10B](#)

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**SeM1:9-10c.** I can demonstrate the ability to persevere and maintain confidence through challenges. [SEM1:9-10C](#)

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**SeM2:9-10a.** I can anticipate barriers that may impact my progress towards a goal. [SEM2:9-10A](#)

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**SeM2:9-10b.** I can demonstrate an understanding that goal setting supports long-term success. [SEM2:9-10B](#)

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**SeM2:9-10c.** I can apply goal-setting skills to both short- and long-term goals. [SEM2:9-10C](#)

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## Social Awareness

**SoA1:9-10a.** I can demonstrate empathy by predicting how my own actions might affect the feelings of others. SOA1:9-10A

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**SoA1:9-10b.** I can show positive regard for and work with peers that have different abilities, perspectives, backgrounds, cultures, or social groups. SOA1:9-10B

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**SoA1:9-10c.** I can identify things I am grateful for even in challenging or stressful life experiences. SOA1:9-10C

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**SoA2:9-10a.** I can recognize that all people (including myself) have certain advantages and disadvantages in society based on who they are and where they were born. SOA2:9-10A

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**SoA2:9-10b.** I can recognize that my conscious and unconscious biases affect my interactions with others. SOA2:9-10B

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## Relationship Skills

**ReS1:9-10a.** I can actively listen and engage in positive interactions to make connections to build understanding with peers, adults and community to support and achieve common goals. RES1:9-10A

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**ReS1:9-10b.** I can explain how active listening strengthens my ability to form and maintain positive relationships. RES1:9-10B

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**ReS1:9-10c.** I can use conflict resolution skills to solve problems peacefully. RES1:9-10C

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**ReS1:9-10d.** I can discuss how to stand up to exclusion, prejudice and discrimination, even when it is not popular or easy or when no one else does. RES1:9-10D

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**ReS2:9-10a.** I can develop techniques to collaborate with others by valuing, empowering, and encouraging different and diverse perspectives, abilities, backgrounds, and cultures. RES2:9-10A

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**ReS2:9-10b.** I can adapt my behavior based on my own self-assessment. RES2:9-10B

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**ReS2:9-10c.** I can identify ways to navigate unhealthy relationships. RES2:9-10C

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**ReS2:9-10d.** I can apply constructive feedback to strengthen connections and achieve common goals. RES2:9-10D

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## Decision Making

**DeM1:9-10a.** I can adapt my decision making process based on the context of a variety of situations and desired outcomes. DEM1:9-10A

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**DeM1:9-10b.** I can make reasoned judgements after analyzing information, data and facts for both personal and social problems. DEM1:9-10B

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**DeM1:9-10c.** I can differentiate between possible short term and long term impacts of my decisions. DEM1:9-10C

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**DeM2:9-10a.** I can understand that all my group identities and the intersection of those identities create unique aspects of who I am and influence my decisions. DEM2:9-10A

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**DeM2:9-10b.** I can apply ethical reasoning to consider multiple perspectives and evaluate societal practices. DEM2:9-10B