



GRADE 7



Cooperation

Standards	Skills	Code
1. Able to make and keep friends.	9. Behaves respectfully toward all peers	C.1.9
2. Works with others toward a common goal.	11. Puts in same effort for group success as for individual success 12. Helps others when in need 13. Open to new ideas and able to weigh their value	C.2.11 C.2.12 C.2.13
3. Resolves differences quickly.	8. Knows when to seek adult help to resolve conflicts with others	C.3.8
4. Cooperates as a group leader or a member of the group.	16. Recognizes when to contribute to a conversation and when to just listen	C.4.16
5. Exhibits helpfulness.	9. Recognizes how opportunities to help others relates to one's personal interest	C.5.9



Assertiveness

Standards	Skills	Code
1. Expresses strong emotions and opinions effectively.	8. Listens to opposing opinions of others openly	A.1.8
2. Able to seek help.	9. Seeks help to remove barriers to personal goals	A.2.9
3. Shows openness and honesty.	10. Expresses opinions even when feeling left out or unheard	A.3.10
4. Persists through challenging events.	12. Sees failure as a part of the growth process	A.4.12
5. Takes the initiative to do what is right, fair, and just.	11. Can name one's strengths and weaknesses 12. Can recognize and accurately describe emotions to inform actions 13. Works to rectify one's mistakes	A.5.11 A.5.12 A.5.13
6. Makes choices one feels good about later.	10. Able to say no to temptations with long-term negative consequences	A.6.10



Responsibility

Standards	Skills	Code
1. Selects the best option among choices for a suitable outcome.	10. Understands how personal choices have an impact on consequences	R.1.10
2. Holds oneself accountable.	11. Recognizes passive-aggressive behaviors in oneself 12. Typically practices open and direct communication rather than demonstrating passive-aggressive behaviors 13. Can manage the inner conflict between being passive and communicating openly when one disagrees with something or someone	R.2.11 R.2.12 R.2.13
3. Demonstrates social, civic, and digital responsibility.	16. Avoids using hate speech and angry or vulgar words in one's online communication 17. Knows that flirting and chatting with strangers online presents real-life danger 18. Recognizes that people can misrepresent themselves and their intentions online 19. Doesn't keep secrets with a person one met online 20. Understands volunteering as a way to improve and contribute to the community	R.3.16 R.3.17 R.3.18 R.3.19 R.3.20
4. Takes care of property.	14. Considers the feelings of others when handling or using their property or belongings 15. Respects the rights of others to do with their property as they see fit	R.4.14 R.4.15



Empathy

Standards	Skills	Code
1. Recognizes and manages one's own emotions and recognizes the emotions of others.	10. Shows compassion for peers who are dealing with a range of emotions.	E.1.10
2. Respects and values diversity in others.	11. Understands how culture affects behavior and attitudes	E.2.11
3. Respects differing cultural norms.	9. Respects cultural norms of people with whom one is interacting 10. Accepts the limitations of participating in cultural norms of another group	E.3.9 E.3.10
4. Aware of the impact of one's actions on others.	13. Sees oneself as a potential agent of change for good in the world 14. Stops behavior whether the request to stop is explicit or unclear 15. Asks permission even when prior permission was granted	E.4.13 E.4.14 E.4.15



Self-Control

Standards	Skills	Code
1. Adheres to social, behavioral, and moral standards.	9. Can take and logically defend a position on why and when social, behavioral, or moral standards in a given situation are important to follow	S.1.9
2. Manages overwhelming thoughts or emotions.	8. Can use strategies to reduce internal and interpersonal conflicts that rise from feelings of fear, mistrust, anger, and disgust	S.2.8
3. Controls impulses and delays gratification.	10. Uses fun and social connection to improve ability to wait for a desired thing 11. Typically avoids reacting to temptations or urges that would derail achieving a goal	S.3.10 S.3.11
4. Shows hope and perseverance.	15. Examines progress on a task or activity to decide what to do in order to be successful 16. Works to build the ability needed for goal attainment	S.4.15 S.4.16