# Washington's K-12 SEL Standards and Benchmarks

<table>
<thead>
<tr>
<th>Self</th>
<th>Social</th>
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<tbody>
<tr>
<td><strong>Standard 1—Self-Awareness:</strong> Individual can identify their emotions, personal assets, areas for growth, and potential external resources and supports.</td>
<td><strong>Standard 4—Social Awareness:</strong> Individual can take the perspective of and empathize with others from diverse backgrounds and cultures.</td>
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| **Benchmark 1A:** Demonstrates awareness and understanding of one’s own emotions and emotions’ influence on behavior.  
**Benchmark 1B:** Demonstrates awareness of personal and collective identity encompassing strengths, areas for growth, aspirations, and cultural and linguistic assets.  
**Benchmark 1C:** Demonstrates self-awareness and understanding of external influences, e.g., culture, family, school, and community resources and supports. | **Benchmark 4A:** Demonstrates awareness of other people’s emotions, perspectives, cultures, languages, histories, identities, and abilities.  
**Benchmark 4B:** Demonstrates an awareness and respect for similarities and differences among community, cultural and social groups.  
**Benchmark 4C:** Demonstrates an understanding of the variation within and across cultures. |
| **Standard 2—Self-Management:** Individual can regulate emotions, thoughts, and behaviors. | **Standard 5—Social Management:** Individual can make safe and constructive choices about personal behavior and social interactions. |
| **Benchmark 2A:** Demonstrates the skills to manage one’s emotions, thoughts, impulses, and stress in constructive ways.  
**Benchmark 2B:** Demonstrates responsible decision-making and problem-solving skills. | **Benchmark 5A:** Demonstrates a range of communication and social skills to interact effectively with others.  
**Benchmark 5B:** Demonstrates the ability to identify and take steps to resolve interpersonal conflicts in constructive ways.  
**Benchmark 5C:** Demonstrates the ability to engage in respectful and healthy relationships with individuals of diverse perspectives, cultures, language, history, identity, and ability. |
| **Standard 3—Self-Efficacy:** Individual can motivate themselves, persevere, and see themselves as capable. | **Standard 6—Social Engagement:** Individual can consider others and show a desire to contribute to the well-being of school and community. |
| **Benchmark 3A:** Demonstrates the skills to set, monitor, adapt, persevere, achieve, and evaluate goals.  
**Benchmark 3B:** Demonstrates problem-solving skills to engage responsibly in a variety of situations.  
**Benchmark 3C:** Demonstrate awareness and ability to speak on behalf of personal rights and advocacy. | **Benchmark 6A:** Demonstrates a sense of school and community responsibility.  
**Benchmark 6B:** Demonstrates the ability to work with others to set, monitor, adapt, achieve, and evaluate goals.  
**Benchmark 6C:** Contributes productively to one’s school, workplace, and community. |