

# Kentucky State Health Standards and DESSA Crosswalk

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The DESSA is a standardized, norm-referenced behavior rating scale that assesses the social and emotional competencies of students in kindergarten to grade 12. It can be completed by teachers, guardians, and out of school time staff in about 5-8 minutes. The DESSA is strength-based; the items focus on positive social and emotional skills. The DESSA can be used to inform how a student is progressing with their social and emotional development. This crosswalk outlines the overlap between Aperture's competencies measured by the DESSA and Kentucky's Academic Standards in Health Education.

## **The DESSA is organized into subscales that provide information about eight social and emotional competencies. These competencies include:**

1. **Self-awareness:** a child's realistic understanding of their strengths and limitations and consistent desire for self-improvement;
2. **Social-awareness:** a child's capacity to interact with others in a way that shows respect for their ideas and behaviors, recognizes their impact on them, and uses cooperation and tolerance in social situations;
3. **Self-management:** a child's success in controlling their emotions and behaviors, to complete a task or succeed in a new or challenging situation;
4. **Goal-directed behavior:** a child's initiation of and persistence in completing tasks of varying difficulty;
5. **Relationship skills:** a child's consistent performance of socially acceptable actions that promote and maintain positive connections with others;
6. **Personal responsibility:** a child's tendency to be careful and reliable in their actions and in contributing to group efforts;
7. **Decision making:** an approach to problem solving that involves learning from others and from their previous experiences, using values to guide action, and accepting responsibility for decisions;
8. **Optimistic thinking:** an attitude of confidence, hopefulness, and positive thinking regarding themselves and their life situations in the past, present, and future.

**Table 1. Alignment of Aperture’s Competencies to Kentucky’s Academic Standards in Health Education**

Note. SA = Self-Awareness, SM = Self-Management, SO = Social Awareness, RS = Relationship Skills, DM = Decision-Making, GB = Goal-Directed Behavior, PR = Personal Responsibility, OT = Optimistic Thinking. The standards below are aligned with kindergarten to grade 5 health standards and apply across all grade bands.

Standard	SA	SM	SO	RS	DM	GB	PR	OT
<b>Standard 1</b> - Students will comprehend content related to health promotion and disease prevention to enhance health.	X		X				X	
<b>Standard 2</b> - Analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.			X	X				
<b>Standard 3</b> - Access valid information, products and services to enhance health.	X				X			
<b>Standard 4</b> - Use interpersonal communication skills to enhance health and avoid or reduce health risks.		X		X	X			X
<b>Standard 5</b> - Use decision-making skills to enhance health.					X		X	
<b>Standard 6</b> - Use goal-setting skills to enhance health.						X		X
<b>Standard 7</b> - Practice health-enhancing behaviors and avoid or reduce health risks.		X			X		X	
<b>Standard 8</b> - Advocate for personal, family and community health.			X	X				



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Aperture Education empowers over 3,000 schools and out-of-school-time programs across North America to measure, strengthen, and support social and emotional competence in K-12 youth and educators. This system enables education leaders to make strategic, data-based decisions about SEL within their organizations. The Aperture system includes the DESSA suite of strength-based assessments, CASEL-aligned intervention strategies, and robust reporting, all in one easy-to-use digital platform. Aperture has supported over one million students in their social and emotional growth and continues to develop innovative solutions to bring the whole child into focus. To learn more, visit [www.ApertureEd.com](http://www.ApertureEd.com).