

Colorado's Social and Emotional Wellness Standard and DESSA Crosswalk

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Colorado's third [Comprehensive Health standard](#), Social and Emotional Wellness, includes mental, emotional, and social health skills to recognize and manage emotions, develop care and concern for others, establish positive relationships, make responsible decisions, handle challenging situations constructively, resolve conflicts respectfully, manage stress, and make ethical and safe choices; examines internal and external influences on mental and social health; and identifies common mental and emotional health problems and their effect on physical health. The standards underscore important skills for navigating today's society.

The DESSA suite of assessments measures key social and emotional competencies essential for student success now and into the future. The DESSA assessments span kindergarten through 12th grade and can be completed by educators, students, and parents or guardians. The assessments are nationally standardized, norm-referenced, strength-based behavior rating scales, measuring the positive skills, behaviors, and mindsets necessary for students to thrive.

This crosswalk highlights the alignment between each Grade Level Expectation of Colorado's Comprehensive Health Standard 3 and DESSA assessment items. The crosswalk was informed by the Indicators of Progress for each Grade Level Expectation. It demonstrates how the DESSA assessments can be used by districts and schools to ensure every Colorado student can utilize knowledge and skills to enhance their mental, emotional, and social-well being.

Alignment between Colorado Social Emotional Wellness Grade Level Expectations and DESSA Items

Kindergarten	
<i>Grade Level Expectation</i>	<i>DESSA Items</i>
1. Recognize the relationship between emotions and actions.	<ul style="list-style-type: none">• Describe the emotion they were feeling• Explain what caused their emotions• Stay calm when faced with a challenge• Show appreciation of others• Encourage others
2. Demonstrate how to effectively communicate and cooperate with others.	<ul style="list-style-type: none">• Listen to others• Cooperate with others to solve a problem• Interact positively with classmates• Get along well with different types of people

First Grade	
<i>Grade Level Expectation</i>	<i>DESSA Items</i>
1. Demonstrate how to express emotions in healthy ways.	<ul style="list-style-type: none"> • Describe the emotion they were feeling • Explain what caused their emotions • Stay calm when faced with a challenge • Listen to others • Interact positively with classmates • Get along well with different types of people • Cooperate with others to solve a problem
2. Identify parents, guardians, and other trusted adults as resources for information about health.	<ul style="list-style-type: none"> • Describe the emotion they were feeling • Ask questions when they did not understand something

Second Grade	
<i>Grade Level Expectation</i>	<i>DESSA Items</i>
1. Utilize knowledge and skills to develop a positive self-concept.	<ul style="list-style-type: none"> • Demonstrate a sense of who they are and what is important to them • Show an awareness of their personal strengths • Work to develop their personal strengths • Speak positively about their future potential • Express high expectations for themselves • Believe they can achieve their goals • Show appreciation of others
2. Utilize knowledge and skills to develop an awareness of others and maintain healthy relationships.	<ul style="list-style-type: none"> • Recognize others' emotions • Respond to others' feelings in kind and safe ways • Accept responsibility for their actions • Get along well with different types of people • Interact positively with classmates • Encourage others • Listen to others • Stand up for a friend or classmate • Cooperate with others to solve a problem • Resolve conflicts positively

Third Grade	
<i>Grade Level Expectation</i>	<i>DESSA Items</i>
1. Utilize knowledge and skills to treat self and others with care and respect.	<ul style="list-style-type: none"> • Show an awareness of their personal strengths • Demonstrate a sense of who they are and what is important to them • Speak positively about their future potential • Express high expectations for themselves • Recognize others' emotions • Respond to others' feelings in kind and safe ways • Contribute to creating a positive learning environment • Show appreciation of others • Interact positively with classmates • Listen to others • Encourage others
2. Demonstrate interpersonal communication skills to support positive interactions with families, peers, and others.	<ul style="list-style-type: none"> • Describe the emotion they were feeling • Ask questions when they did not understand something • Recognize others' emotions • Respond to others' feelings in kind and safe ways • Accept responsibility for their actions • Get along well with different types of people • Interact positively with classmates • Encourage others • Listen to others • Stand up for a friend or classmate • Cooperate with others to solve a problem • Resolve conflicts positively

Fourth Grade	
<i>Grade Level Expectation</i>	<i>DESSA Items</i>
1. Identify positive behaviors that support healthy relationships.	<ul style="list-style-type: none"> • Get along well with different types of people • Show appreciation for others • Recognize others' emotions • Respond to others' feelings in kind and safe ways • Accept responsibility for their actions • Interact positively with classmates • Encourage others • Listen to others • Stand up for a friend or classmate • Resolve conflicts positively
2. Comprehend concepts related to stress and stress management.	<ul style="list-style-type: none"> • Explain what caused their emotions • Focus on the positive aspects of a situation • Stay calm when faced with a challenge

Fifth Grade	
<i>Grade Level Expectation</i>	<i>DESSA Items</i>
1. Analyze internal and external factors that influence mental and emotional health.	<ul style="list-style-type: none"> • Demonstrate a sense of who they are and what is important to them • Explain what caused their emotions • Express high expectations for themselves • Speak positively about their future potential • Show a willingness to update their thinking • Do the right thing in a difficult situation

Sixth Grade	
<i>Grade Level Expectation</i>	<i>DESSA Items</i>
1. Understand how to be mentally and emotionally healthy.	<ul style="list-style-type: none"> • Recognize their emotions • Explain what caused their emotions • Know how their emotions influence their behavior • Feel comfortable asking for help when they don't understand something • Ask for advice when needed
2. Apply effective verbal and nonverbal communication skills to enhance health.	<ul style="list-style-type: none"> • Demonstrate a sense of who they are and what is important to them • Feel comfortable being themselves in different situations • Ask for advice when needed • Encourage others • Resolve conflicts positively • Cooperate with others to solve a problem

Seventh Grade	
<i>Grade Level Expectation</i>	<i>DESSA Items</i>
1. Demonstrate effective communication skills to express thoughts and feelings appropriately.	<ul style="list-style-type: none"> • Listen to others • Respond to others' feelings in kind and safe ways • Ask for advice when needed • Respect a person's right to have a different opinion • Resolve conflicts positively • Cooperate with others to solve a problem • Believe their contributions to a group or team matter
2. Develop healthy self-management skills to prevent and manage stress.	<ul style="list-style-type: none"> • Explain what caused their emotions • Know how their emotions influence their behavior • Stay calm when faced with a challenge • Focus on the positive aspects of a situation • Take action to solve problems • Ask for advice when needed • Believe they can overcome setbacks • Can imagine a positive future for themselves

Eighth Grade	
<i>Grade Level Expectation</i>	<i>DESSA Items</i>
1. Access valid and reliable school and community resources to help with mental and emotional health concerns.	<ul style="list-style-type: none"> • Ask for advice when needed • Feel comfortable asking for help when they don't understand something • Update their thinking as they learn more about something • Believe working with others leads to greater success • Believe they can overcome setbacks
2. Analyze internal and external factors that influence mental and emotional health.	<ul style="list-style-type: none"> • Demonstrate a sense of who they are and what is important to them • Explain what caused their emotions • Know how their emotions influence their behavior • Express high expectations for themselves • Can imagine a positive future for themselves • Show a willingness to update their thinking • Do the right thing in a difficult situation

High School	
<i>Grade Level Expectation</i>	<i>DESSA Items</i>
1. Analyze the interrelationship of physical, mental, emotional, and social health.	<ul style="list-style-type: none"> • Describe the things that matter most to them • List the personal traits that are most important to them • Recognize their strengths • Know how their emotions influence their behavior • Stay calm when faced with a challenge • Focus on the positive aspects of a situation • Take action to solve problems • Ask for advice when needed • Believe they can overcome setbacks • Can imagine a positive future for themselves
2. Set goals and monitor progress on attaining goals for future success.	<ul style="list-style-type: none"> • Set goals for themselves • Keep working until they achieve a goal • Seek out things that challenge them • Contribute to group or team goals • Believe they can achieve their goals
3. Advocate to improve or maintain positive mental, emotional well-being for self and others.	<ul style="list-style-type: none"> • Stand up for a friend or classmate • Get along well with different types of people • Do the right thing in a difficult situation • Cooperate with others to solve a problem • Encourage others • Interact positively with classmates • Make positive contributions to their class, school, or community • Contribute to creating a positive learning environment • Can make a positive difference in the world



The DESSA System from Aperture Education: A Riverside Insights Company is a student resilience system that helps educators measure and strengthen social, emotional, and behavioral skills to reduce challenges that interfere with learning. The DESSA universal screening and supplemental assessments are widely used, practical, evidence-based measures of social and emotional competence of students in grades K-12. These powerful data analytic tools enable educators to identify trends, validate curriculum effectiveness, and drive positive academic and well-being outcomes for students. Robust reporting in the DESSA System provides insights for educators and staff to proactively differentiate instruction using DESSA-provided instructional strategies and tiered intervention resources. The DESSA System's strength-based approach is grounded in resilience theory and designed to bring the whole child into focus. To learn more, visit www.ApertureEd.com.