

Florida Resiliency Standards and DESSA Crosswalk

March 2025

In 2023, the Florida Department of Education adopted [Resiliency Standards](#) as a part of Health Education. The resilience and character education skills outlined in the standards empower students to overcome challenges.

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 the Florida Resiliency Standards and Benchmarks across Kindergarten through 12th grade and the DESSA items. It demonstrates how the DESSA assessments can be used by districts and schools to prepare students to be resilient.

Alignment between Florida Resiliency Benchmarks and DESSA Items

Kindergarten	
Benchmarks	DESSA Items
Standard 1: HE.K.R.1. Character	
HE.K.R.1.1 Define and give examples of kindness and caring.	<ul style="list-style-type: none">Respond to others' feelings in kind and safe waysEncourage othersMake others feel welcome or included
HE.K.R.1.2 Demonstrate the ability to take turns and share with others.	<ul style="list-style-type: none">Interact positively with classmates
HE.K.R.1.3 Describe ways to show respect to others.	<ul style="list-style-type: none">Show appreciation of othersListen to othersRespect a person's right to have a different perspective
HE.K.R.1.4 Identify the difference between the truth and a lie.	<ul style="list-style-type: none">Gather information before making an important decision
Standard 2: HE.K.R.2. Personal Responsibility	
HE.K.R.2.1 Identify healthy choices that affect personal wellness.	<ul style="list-style-type: none">Gather information before making an important decisionAccept responsibility for their actions
HE.K.R.2.2 Demonstrate the ability to follow rules and directions.	<ul style="list-style-type: none">Work carefully on projects or schoolworkStay focused despite a distraction
HE.K.R.2.3 Discuss the value of goal setting.	<ul style="list-style-type: none">Persist to achieve a goalBelieve they can achieve their goalsSpeak positively about their future potentialExpress high expectations for themselves

HE.K.R.2.4 Identify and recognize basic feelings. <i>Clarification: Sad, mad, happy, excited, worried.</i>	<ul style="list-style-type: none"> Describe the emotion they were feeling Explain what caused their emotions
HE.K.R.2.5 Identify personal strengths and actions individuals can do independently. <i>Clarification: Empathy, listening, sharing, adapting, showing courage, leadership.</i>	<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
Standard 3: HE.K.R.3. Mentorship and Citizenship	
HE.K.R.3.1 Identify the roles and responsibilities of trusted adults. <i>Clarification: Trusted adults could be parents, teachers, police officers, school counselors, grandparents.</i>	<ul style="list-style-type: none"> Ask questions when they did not understand something Ask for advice when needed
HE.K.R.3.2 Identify characteristics of a good citizen in school and the community.	<ul style="list-style-type: none"> Contribute to creating a positive learning environment Get along well with different types of people Cooperate with others to solve a problem
Standard 4: HE.K.R.4. Critical Thinking and Problem Solving	
HE.K.R.4.1 Identify when help is needed and who to ask for help.	<ul style="list-style-type: none"> Ask questions when they did not understand something Ask for advice when needed
HE.K.R.4.2 Identify the importance of sharing thoughts and ideas to solve problems.	<ul style="list-style-type: none"> Listen to others Respect a person's right to have a different perspective Show a willingness to update their thinking
HE.K.R.4.3 Discuss ways to work together to solve problems.	<ul style="list-style-type: none"> Contribute to group or team goals Resolve conflicts positively Cooperate with others to solve a problem

Grade 1	
Benchmarks	DESSA Items
Standard 1: HE.1.R.1. Character	
HE.1.R.1.1 Discuss ways to respect personal property and personal space of others.	<ul style="list-style-type: none"> • Think before they acted • Contribute to creating a positive learning environment • Show appreciation of others
HE.1.R.1.2 Describe the traits of a good friend.	<ul style="list-style-type: none"> • Encourage others • Listen to others • Stand up for a friend or classmate • Interact positively with classmates • Resolve conflicts positively • Respect a person's right to have a different perspective • Respond to others' feelings in kind and safe ways
HE.1.R.1.3 Identify the benefits of sharing and cooperation.	<ul style="list-style-type: none"> • Get along well with different types of people • Cooperate with others to solve a problem • Resolve conflicts positively
HE.1.R.1.4 Define and give examples of honesty.	<ul style="list-style-type: none"> • Accept responsibility for their actions • Express high expectations for themselves
HE.1.R.1.5 Identify strategies to overcome a challenge.	<ul style="list-style-type: none"> • Keep trying when unsuccessful • Persist to achieve a goal • Stay calm when faced with a challenge • Speak positively about their future potential • View negative outcomes as a learning opportunity
Standard 2: HE.1.R.2. Personal Responsibility	
HE.1.R.2.1. Identify my role and responsibilities in the school, community, and family. <i>Clarification: Following directions, rules and procedures.</i>	<ul style="list-style-type: none"> • Demonstrate a sense of who they are and what is important to them • Agree to and follow expectations for their behavior • Accept responsibility for their actions
HE.1.R.2.2. Establish a short-term goal as a class and take action toward achieving the goal.	<ul style="list-style-type: none"> • Contribute to group or team goals • Cooperate with others to solve a problem • Persist to achieve a goal
HE.1.R.2.3. Identify the characteristics of a responsible decision maker.	<ul style="list-style-type: none"> • Prepare for school, activities, or upcoming events • Demonstrate openness to new situations, experiences, and people • Show a willingness to update their thinking • Gather information before making an important decision • Do the right thing in a difficult situation • Accept responsibility for their actions

HE.1.R.2.4 Describe how individual actions can affect others.	<ul style="list-style-type: none"> • Gather information before making an important decision • Accept responsibility for their actions • Contribute to creating a positive learning environment
HE.1.R.2.5 Identify strategies to discover and demonstrate personal strengths. Clarification: Sense of pride, working toward intrinsic motivation, experiencing a sense of accomplishment.	<ul style="list-style-type: none"> • Show an awareness of their personal strengths • Work to develop their personal strengths • Seek out challenging tasks • Express high expectations for themselves • Speak positively about their future potential • Believe they can achieve their goals
HE.1.R.2.6 Identify healthy ways to express needs and wants.	<ul style="list-style-type: none"> • Ask questions when they did not understand something • Demonstrate a sense of who they are and what is important to them
Standard 3: HE.1.R.3. Mentorship and Citizenship	
HE.1.R.3.1 Identify characteristics of a leader in the school community.	<ul style="list-style-type: none"> • Respond to others' feelings in kind and safe ways • Make others feel welcome or included • Get along well with different types of people • Listen to others • Accept responsibility for their actions
HE.1.R.3.2 Demonstrate the characteristics of a good citizen in school and the community.	<ul style="list-style-type: none"> • Contribute to creating a positive learning environment • Get along well with different types of people • Cooperate with others to solve a problem
Standard 4: HE.1.R.4. Critical Thinking and Problem Solving	
HE.1.R.4.1 Identify the importance of working together to solve problems.	<ul style="list-style-type: none"> • Cooperate with others to solve a problem • Contribute to group or team goals
HE.1.R.4.2 Identify the importance of sharing thoughts and ideas as an individual and as part of a group.	<ul style="list-style-type: none"> • Listen to others • Respect a person's right to have a different perspective • Show a willingness to update their thinking
HE.1.R.4.3 Understand that conflict may arise when working together. Clarification: Differing perspectives.	<ul style="list-style-type: none"> • Resolve conflicts positively • Respect a person's right to have a different perspective

Grade 2	
Benchmarks	DESSA Items
Standard 1: HE.2.R.1. Character	
HE.2.R.1.1 Identify the benefits of showing kindness and treating others with respect.	<ul style="list-style-type: none"> Respond to others' feelings in kind and safe ways Encourage others Make others feel welcome or included
HE.2.R.1.2 Identify what a conflict is and how disagreements can happen.	<ul style="list-style-type: none"> Resolve conflicts positively Respect a person's right to have a different perspective View negative outcomes as a learning opportunity
HE.2.R.1.3 Explain the importance of being truthful.	<ul style="list-style-type: none"> Accept responsibility for their actions Express high expectations for themselves
Standard 2: HE.2.R.2. Personal	
HE.2.R.2.1 Identify ways to make positive contributions to the wellbeing of the school and the community.	<ul style="list-style-type: none"> Contribute to creating a positive learning environment
HE.2.R.2.2 Identify personal goals and strategies to achieve those goals.	<ul style="list-style-type: none"> Demonstrate a sense of who they are and what is important to them Keep trying when unsuccessful Persist to achieve a goal Believe they can achieve their goals
HE.2.R.2.3 Demonstrate healthy ways to express needs, wants, and listening skills. <i>Clarification: Paying attention, eye contact, asking for help.</i>	<ul style="list-style-type: none"> Ask questions when they did not understand something Demonstrate a sense of who they are and what is important to them Listen to others
HE.2.R.2.4 Identify personal strengths and areas for improvement.	<ul style="list-style-type: none"> Show an awareness of their personal strengths Seek out challenging tasks Work to develop their personal strengths
Standard 3: HE.2.R.3. Mentorship and Citizenship	
HE.2.R.3.1 Identify ways to benefit the school and the community. <i>Clarification: Conservation, recycling, being a classroom helper, volunteering.</i>	<ul style="list-style-type: none"> Contribute to creating a positive learning environment Cooperate with others to solve a problem
HE.2.R.3.2 Identify characteristics of a community leader.	<ul style="list-style-type: none"> Respond to others' feelings in kind and safe ways Make others feel welcome or included Get along well with different types of people Listen to others Accept responsibility for their actions

Standard 4: HE.2.R.4. Critical Thinking and Problem Solving	
HE.2.R.4.1 Identify strategies to work together to solve problems.	<ul style="list-style-type: none"> • Cooperate with others to solve a problem • Contribute to group or team goals
HE.2.R.4.2 Identify how disagreements can be settled using conflict resolution skills.	<ul style="list-style-type: none"> • Listen to others • Respect a person's right to have a different opinion • Resolve conflicts positively

Grade 3	
Benchmarks	DESSA Items
Standard 1: HE.3.R.1. Character	
HE.3.R.1.1 Identify skills needed when working with others. <i>Clarification: Listening, cooperating, taking turns, compromise.</i>	<ul style="list-style-type: none"> • Listen to others • Encourage others • Cooperate with others to solve a problem • Respect a person's right to have a different opinion • Contribute to group or team goals
HE.3.R.1.2 Identify ways to display trustworthiness.	<ul style="list-style-type: none"> • Do the right thing in a difficult situation • Accept responsibility for their actions
HE.3.R.1.3 Discuss ways to be loyal to friends and family.	<ul style="list-style-type: none"> • Stand up for a friend or classmate • Do the right thing in a difficult situation
Standard 2: HE.3.R.2. Personal Responsibility	
HE.3.R.2.1 Categorize resources used to achieve a personal goal.	<ul style="list-style-type: none"> • Persist to achieve a goal • Gather information before making an important decision • Show an awareness of their personal strengths • Believe they can achieve their goals
HE.3.R.2.2 Identify ways in which my decisions affect others.	<ul style="list-style-type: none"> • Gather information before making an important decision • Accept responsibilities for their actions
HE.3.R.2.3 Describe positive ways to deal with failure and learn from challenges.	<ul style="list-style-type: none"> • Accept that making mistakes is part of learning • View negative outcomes as a learning opportunity • Keep trying when unsuccessful • Persist to achieve a goal • Stay calm when faced with a challenge • Show a willingness to update their thinking
HE.3.R.2.4 Discuss how skills can be improved through hard work and perseverance.	<ul style="list-style-type: none"> • Work to develop their personal strengths • Seek out challenging tasks • Persist to achieve a goal • Work carefully on projects or schoolwork • Express high expectations for themselves • Speak positively about their future potential
Standard 3: HE.3.R.3. Mentorship and Citizenship	
HE.3.R.3.1 Identify leadership opportunities within the school and the community.	<ul style="list-style-type: none"> • Contribute to creating a positive learning environment • Contribute to group or team goals
HE.3.R.3.2. Identify opportunities to volunteer or serve others in the school or community.	<ul style="list-style-type: none"> • Contribute to creating a positive learning environment • Cooperate with others to solve a problem

Standard 4: HE.3.R.4. Critical Thinking and Problem Solving	
HE.3.R.4.1. Explain the importance of always taking ownership for personal actions.	<ul style="list-style-type: none"> • Accept responsibility for their actions
HE.3.R.4.2. Identify different solutions and potential outcomes when problems arise.	<ul style="list-style-type: none"> • Gather information before making an important decision • Do the right thing in a difficult situation • Think before they acted

Grade 4	
Benchmarks	DESSA Items
Standard 1: HE.4.R.1. Character	
HE.4.R.1.1 Consider the perspectives of others.	<ul style="list-style-type: none"> Recognize others' emotions Respect a person's right to have a different perspective
HE.4.R.1.2 Identify the benefits of treating others with respect.	<ul style="list-style-type: none"> Show appreciation of others Listen to others Respect a person's right to have a different perspective
HE.4.R.1.3 Predict the potential outcomes of repeating and/or sharing information that is not true.	<ul style="list-style-type: none"> Accept responsibility for their actions Gather information before making an important decision Do the right thing in a difficult situation Think before they acted
HE.4.R.1.4 Identify strategies to help persevere in difficult situations.	<ul style="list-style-type: none"> Keep trying when unsuccessful Persist to achieve a goal Stay calm when faced with a challenge Believe they can achieve their goals
Standard 2: HE.4.R.2. Personal Responsibility	
HE.4.R.2.1 Discuss ways to take responsibility for one's actions.	<ul style="list-style-type: none"> Accept responsibility for their actions
HE.4.R.2.2. Identify the value of making healthy choices for personal well-being.	<ul style="list-style-type: none"> Gather information before making important decisions Speak positively about their future potential
HE.4.R.2.3 Create a personal goal and track progress toward achievement.	<ul style="list-style-type: none"> Work to develop their personal strengths Seek out challenging tasks Persist to achieve a goal Believe they can achieve their goals
HE.4.R.2.4 Explain how attitudes and thoughts can influence your behavior.	<ul style="list-style-type: none"> Know how their emotions influence their behaviors Think before they acted Stay focused despite a distraction Stay calm when faced with a challenge Express high expectations for themselves View negative outcomes as a learning opportunity
Standard 3: HE.4.R.3. Mentorship and Citizenship	
HE.4.R.3.1 Identify opportunities to actively participate as a responsible citizen in the school and the local community.	<ul style="list-style-type: none"> Make positive contributions to their class, school, or community Contribute to group or team goals Cooperate with others to solve a problem
HE.4.R.3.2 Model serving or helping others in the school or community.	<ul style="list-style-type: none"> Make others feel welcome or included Interact positively with classmates

Standard 4: HE.4.R.4. Critical Thinking and Problem Solving	
HE.4.R.4.1 Describe how perseverance may help overcome obstacles.	<ul style="list-style-type: none"> • Persist to achieve a goal • Keep trying when unsuccessful • Believe they can achieve their goals
HE.4.R.4.2 Describe strategies to resolve conflicts. Clarification: Compromise, agree-to-disagree, civil discourse.	<ul style="list-style-type: none"> • Resolve conflicts positively • Respect a person's right to have a different perspective • Listen to others • Get along well with different types of people • Can compromise for the good of the group • Show a willingness to update their thinking • Show a willingness to examine their beliefs and opinions

Grade 5	
Benchmarks	DESSA Items
Standard 1: Character	
HE.5.R.1.1: Discuss how to work together to achieve a positive outcome.	<ul style="list-style-type: none"> • Encourage others • Cooperate with others to solve a problem • Respect a person's right to have a different opinion • Contribute to group or team goals • Show a willingness to update their thinking
HE.5.R.1.2: Identify how to communicate effectively within a group.	<ul style="list-style-type: none"> • Listen to others • Respect a person's right to have a different opinion
HE.5.R.1.3: Describe the importance of considering the perspective of others when communicating.	<ul style="list-style-type: none"> • Respect a person's right to have a different perspective • Recognize others' emotions
HE.5.R.1.4: Discuss ways that honesty and trustworthiness can lead to school and career success.	<ul style="list-style-type: none"> • Do the right thing in a difficult situation • Accept responsibility for their actions • Speak positively about their future potential • Express high expectations for themselves
Standard 2: Personal Responsibility	
HE.5.R.2.1: Describe the importance of having the courage to do the right thing even when it is difficult.	<ul style="list-style-type: none"> • Do the right thing in a difficult situation • Express high expectations for themselves
HE.5.R.2.2: Discuss how responsible decision-making affects personal well-being.	<ul style="list-style-type: none"> • Think before they acted • Accept responsibility for their actions
HE.5.R.2.3: Select reliable resources that would assist in achieving a personal goal.	<ul style="list-style-type: none"> • Gather information before making an important decision • Ask questions when they did not understand something
HE.5.R.2.4: Devise an individual goal (short or long term) to adopt, maintain, or improve a personal practice.	<ul style="list-style-type: none"> • Seek out challenging tasks • Keep working until they achieve a goal • Believe they can achieve their goals
HE.5.R.2.5: Explain how attitudes and thoughts can influence your behavior and affect others.	<ul style="list-style-type: none"> • Know how their emotions influence their behaviors • Think before they acted • Stay focused despite a distraction • Stay calm when faced with a challenge • Express high expectations for themselves • View negative outcomes as a learning opportunity
Standard 3: Mentorship and Citizenship	
HE.5.R.3.1: Identify leadership skills that encourage and empower others.	<ul style="list-style-type: none"> • Encourage others • Stand up for a friend or classmate • Respond to others' feelings in kind and safe ways • Interact positively with classmates

HE.5.R.3.2: Identify ways to participate in decision-making in the school or community.	<ul style="list-style-type: none"> • Contribute to creating a positive learning environment • Contribute to group or team goals • Gather information before making an important decision • Do the right thing in a difficult situation
Standard 4: Critical Thinking and Problem Solving	
HE.5.R.4.1: Apply organizational strategies that support completing multiple tasks efficiently.	<ul style="list-style-type: none"> • Work carefully on projects or schoolwork • Prepare for school, activities, or upcoming events • Gather information before making an important decision
HE.5.R.4.2: Identify successful strategies for adjusting to change and setbacks. <i>Clarification: Coping, grit, new learning.</i>	<ul style="list-style-type: none"> • Show a willingness to update their thinking • Keep trying when unsuccessful • Persist to achieve a goal • Stay calm when faced with a challenge • Seek out challenging tasks • View negative outcomes as a learning opportunity • Accept that making mistakes is part of learning • Focus on the positive aspects of a situation

Grades 6-8	
Benchmarks	DESSA Items
Standard 1: Character	
HE.68.R.1.1: Demonstrate the ability to respond with empathy in a variety of contexts and situations. <i>Clarification: Identifying others' feelings, perspectives, circumstances, experiences, and active listening.</i>	<ul style="list-style-type: none"> Recognize others' emotions Respond to others' feelings in kind and safe ways Listen to others Respect a person's right to have a different perspective
HE.68.R.1.2: Describe the importance of empathy, kindness, honesty and trust in building and sustaining relationships.	<ul style="list-style-type: none"> Help make their class a place where everyone can learn Good at making and keeping friends
HE.68.R.1.3: Identify sources of relational conflicts and healthy approaches to conflict resolutions.	<ul style="list-style-type: none"> Able to resolve conflicts positively Compromise for the good of the group Respect a person's right to have a different opinion Cooperate with others to solve a problem
Standard 2: Personal Responsibility	
HE.68.R.2.1: Discuss how character is shaped by attitudes, decisions and actions.	<ul style="list-style-type: none"> Know how their emotions influence their behaviors Express high expectations for themselves Do the right thing in a difficult situation Agree to and follow expectations for their behavior Can list the personal traits that are most important to them Accept responsibility for their actions
HE.68.R.2.2: Demonstrate responsible decision-making that considers multiple perspectives.	<ul style="list-style-type: none"> Gather information before making an important decision Ask for advice when needed Show a willingness to examine their beliefs and opinions Can update their thinking as they learn more about something Respect a person's right to have a different perspective
HE.68.R.2.3: Describe the importance of following school and community laws and rules.	<ul style="list-style-type: none"> Agree to and follow expectations for their behavior Accept responsibility for their actions
HE.68.R.2.4: Monitor progress toward attaining a personal goal.	<ul style="list-style-type: none"> Set goals for themselves Persist to achieve a goal Contribute to group or team goals
HE.68.R.2.5: Explain strategies and skills needed to assess progress and maintenance of a challenging personal goal.	<ul style="list-style-type: none"> Can motivate themselves when they don't want to do something Keep trying when unsuccessful Believe they can achieve their goals

HE.68.R.2.6: Describe how personal goals can vary with changing abilities, priorities, and responsibilities.	<ul style="list-style-type: none"> • Adapt well to new situations • Can update their thinking as they learn more about something
HE.68.R.2.7: Identify how continuous learning leads to personal growth.	<ul style="list-style-type: none"> • Work to develop their personal strengths • Can update their thinking as they learn more about something • Expect that they will be successful • Ask questions when learning new things • Seek out challenging tasks • Show a willingness to examine their beliefs and opinions
HE.68.R.2.8: Identify strategies to manage challenges and setbacks. <i>Clarification: Time management, setting boundaries, setting realistic goals, self-care.</i>	<ul style="list-style-type: none"> • Believe they can overcome setbacks • Keep trying when unsuccessful • Persist to achieve a goal • Stay calm when faced with a challenge • Show a willingness to update their thinking • Speak positively about their future potential
HE.68.R.2.9: Identify healthy responses to negative peer pressure.	<ul style="list-style-type: none"> • Do the right thing in a difficult situation • Ask for advice when needed • Feel comfortable being themselves in difficult situations
Standard 3: Mentorship and Citizenship	
HE.68.R.3.1: Discuss ways a leader can build the trust of individuals and groups.	<ul style="list-style-type: none"> • Respect a person's right to have a different opinion • Respond to others' feelings in kind and safe ways • Make others feel welcome or included • Get along well with different types of people • Listen to others • Compliment or congratulate others • Encourage others • Accept responsibility for their actions • Compromise for the good of the group • Take action to solve problems • Believe working with others leads to greater success
HE.68.R.3.2: Explain and develop ways to apply leadership skills in the school and the community.	<ul style="list-style-type: none"> • Make positive contributions to their class, school, or community • Contribute to group or team goals • Do nice things for people
HE.68.R.3.3: Identify the importance of volunteerism in positively affecting the community and nation.	<ul style="list-style-type: none"> • Can make a positive difference in the world • Believe their contributions to a group or team matter

HE.68.R.3.4: Identify ways to participate in our constitutional republic through public policy, voting, and leadership positions	<ul style="list-style-type: none"> • Make positive contributions to their class, school, or community
Standard 4: Critical Thinking and Problem Solving	
HE.68.R.4.1: Analyze possible solutions to a problem to determine the best outcome for oneself and others.	<ul style="list-style-type: none"> • Gather information before making an important decision • Think before they acted
HE.68.R.4.2: Develop and apply conflict resolution skills in a variety of situations.	<ul style="list-style-type: none"> • Resolve conflicts positively • Cooperate with others to solve a problem • Respect a person's right to have a different opinion • Compromise for the good of the group
HE.68.R.4.3: Analyze ways to pursue common goals as a part of a team or group.	<ul style="list-style-type: none"> • Contribute to group or team goals • Cooperate with others to solve a problem • Believe their contributions to a group or team matter • Believe working with others leads to greater success
HE.68.R.4.4: Identify the importance of perseverance when facing difficulty solving a problem.	<ul style="list-style-type: none"> • Persist to achieve a goal • View negative outcomes as a learning opportunity • Keep trying when unsuccessful • Believe they can achieve their goals • Expect that they will be successful • Believe they can overcome setbacks

Grades 9-12	
Benchmarks	DESSA Items
Standard 1: Character	
HE.912.R.1.1: Demonstrate effective and respectful communication skills and strategies. <i>Clarification: Differing opinions.</i>	<ul style="list-style-type: none"> • Respect a person's right to have a different opinion • Listen to others
HE.912.R.1.2: Demonstrate empathy in a variety of contexts and situations. <i>Clarification: Identifying others' feelings, perspectives, circumstances, experiences, and active listening.</i>	<ul style="list-style-type: none"> • Recognize others' emotions • Respond to others' feelings in kind and safe ways • Listen to others • Respect a person's right to have a different perspective
HE.912.R.1.3: Adjust behavior to respect the needs of others.	<ul style="list-style-type: none"> • Adapt well to new situations • Can adjust their behavior to match different settings • Compromise for the good of the group • Respond to others' feelings in kind and safe ways
Standard 2: Personal Responsibility	
HE.912.R.2.1: Describe the importance of leadership skills in the school and the community.	<ul style="list-style-type: none"> • Make positive contributions to their class, school, or community • Contribute to group or team goals • Do nice things for people • Believe their contributions to a group or team matter
HE.912.R.2.2: Analyze different perspectives to inform responsible decision-making.	<ul style="list-style-type: none"> • Gather information before making an important decision • Ask for advice when needed • Show a willingness to examine their beliefs and opinions • Can update their thinking as they learn more about something • Respect a person's right to have a different perspective
HE.912.R.2.3: Formulate a plan to attain a personal goal that addresses strengths, needs, and risks.	<ul style="list-style-type: none"> • Set goals for themselves • Work to develop their personal strengths • Seek out challenging tasks • Listen to feedback so they can improve • Believe they can achieve their goals • Accept that making mistakes is part of learning • View negative outcomes as a learning opportunity
HE.912.R.2.4: Implement strategies and monitor progress in achieving a personal goal.	<ul style="list-style-type: none"> • Set goals for themselves • Persist to achieve a goal • Contribute to group or team goals

HE.912.R.2.5: Formulate an effective long-term plan to include all dimensions of wellness.	<ul style="list-style-type: none"> • Set goals for themselves • Can imagine a positive future for themselves • Expect that they will be successful
HE.912.R.2.6: Analyze how actions and reactions can influence one to respond in different situations. <i>Clarification: Emotions not governing behavior.</i>	<ul style="list-style-type: none"> • Know how their emotions influence their behaviors • Adapt well to different situations • Adjust their behavior to match different settings • Stay focused despite a distraction • Can calm down when they're upset • Can update their thinking as they learn more about something
HE.912.R.2.7: Evaluate strategies that assist with managing challenges or setbacks. <i>Clarification: Time management, setting boundaries, setting realistic goals, self-care.</i>	<ul style="list-style-type: none"> • Set goals for themselves • Take action to solve problems • Can motivate themselves when they don't want to do something • Keep trying when unsuccessful • Believe they can achieve their goals • Prepare for school, activities, or upcoming events • Work carefully on projects or schoolwork
Standard 3: Mentorship and Citizenship	
HE.912.R.3.1: Identify benefits of voting, volunteering, mentoring, and seeking leadership positions. <i>Clarification: Student government, clubs, volunteering in the community.</i>	<ul style="list-style-type: none"> • Make positive contributions to their class, school, or community • Can make a positive difference in the world • Believe their contributions to a group or team matter
HE.912.R.3.2: Analyze ways a leader can inspire confidence and motivate others.	<ul style="list-style-type: none"> • Respect a person's right to have a different opinion • Respond to others' feelings in kind and safe ways • Make others feel welcome or included • Get along well with different types of people • Listen to others • Compliment or congratulate others • Encourage others • Accept responsibility for their actions • Compromise for the good of the group • Take action to solve problems • Believe working with others leads to greater success
HE.912.R.3.3: Analyze situations and demonstrate strategies to engage in respectful debate. <i>Clarification: Group projects, class discussions.</i>	<ul style="list-style-type: none"> • Respect a person's right to have a different opinion • Resolve conflicts positively • Compromise for the good of the group

Standard 4: Critical Thinking and Problem Solving	
HE.912.R.4.1: Analyze the importance of character and grit to achieve successful outcomes.	<ul style="list-style-type: none"> • Believe they can overcome setbacks • Accept that making mistakes is part of learning • View negative outcomes as a learning opportunity • Expect that they will be successful • Speak positively about their future potential • Believe they can achieve their goals
HE.912.R.4.2: Generate and apply alternative solutions when solving problems or resolving conflict.	<ul style="list-style-type: none"> • Gather information before making an important decision • Ask for advice when needed • Show a willingness to examine their beliefs and opinions • Can update their thinking as they learn more about something • Respect a person's right to have a different perspective
HE.912.R.4.3: Describe ways to anticipate, avoid or de-escalate conflicts.	<ul style="list-style-type: none"> • Respond to others' feelings in kind and safe ways • Listen to others • Respect a person's right to have a different perspective • Compromise for the good of the group • Accept responsibility for their actions • Resolve conflicts positively



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.