

## Personal Responsibility Summary

*A child's tendency to be careful and reliable in their actions and in contributing to group efforts.*

### How the DESSA Measures Personal Responsibility

DESSA K-8	DESSA-HSE
<ul style="list-style-type: none"> <li>1. remember important information</li> <li>4. handle his/her belongings with care</li> <li>6. serve an important role at home or school</li> <li>20. encourage positive behavior in others</li> <li>21. prepare for school, activities, or upcoming events</li> <li>23. do routine tasks or chores without being reminded</li> <li>24. act as a leader in a peer group</li> <li>28. get things done in a timely fashion</li> <li>32. show care when doing a project or schoolwork</li> <li>35. follow rules</li> </ul>	<ul style="list-style-type: none"> <li>1. remember important information?</li> <li>3. serve an important role at home or school?</li> <li>13. encourage positive behaviors in others?</li> <li>14. prepare for school, activities, or upcoming events?</li> <li>18. get things done in a timely fashion?</li> <li>21. work carefully on projects or schoolwork?</li> </ul>

<p>Aspects of Personal Responsibility</p>	<ul style="list-style-type: none"> <li>• <i>Careful and reliable behaviors</i> DESSA K-8 Items: 1, 4, 21, 23, 28, 32 DESSA-HSE Items: 1, 14, 18, 21</li> <li>• <i>Contributions to group efforts</i> DESSA K-8 Items: 6, 20, 24, 35 DESSA-HSE Items: 3, 13</li> </ul>
<p>Developing Personal Responsibility</p>	<ul style="list-style-type: none"> <li>• Children can learn Personal Responsibility skills by the example set by adults in their life and by having clear expectations and stable routines set for them.</li> <li>• Children improve behavior and develop social and emotional skills when an abundance of safe and engaging opportunities are provided to practice and demonstrate their abilities.</li> <li>• Children must be treated by adults in a certain way to develop these skills. Adults must be willing to trust children with tasks and activities that require autonomy, care, and reliability.</li> <li>• Age, maturity, life events and other personal and social factors have important influences on the confidence and abilities of youth to take on new roles.</li> </ul>

	<ul style="list-style-type: none"> <li>The demonstration of learned skills should be followed by genuine reinforcement, such as specific praise and recognition from adults and peers. This increases the chance that the child will further buy into the behavioral expectations set forth, and make ongoing efforts to internalize skills and values.</li> </ul>
<p>Benefits of Personal Responsibility</p>	<p><b>Personal Responsibility skills at home can...</b></p> <ul style="list-style-type: none"> <li>Contribute to a more peaceful home environment.</li> <li>Lead to less need for discipline.</li> <li>Encourage helpful behaviors related to chores and handling belongings with care.</li> <li>Encourage the modeling of appropriate behavior for siblings and helping others learn.</li> </ul> <p><b>Personal Responsibility skills at school or out-of-school time programs can...</b></p> <ul style="list-style-type: none"> <li>Contribute to peaceful, smoothly run classrooms and groups.</li> <li>Lead to less time on behavior management, and increased time on subject matter and planned activities.</li> <li>Encourage greater academic achievement for students.</li> </ul> <p><b>Personal Responsibility skills can lead to a future of....</b></p> <ul style="list-style-type: none"> <li>Adults who are empowered, reliable, healthy, and contributing citizens and family members.</li> <li>More productive and ethical workplace performance.</li> <li>Involvement in community efforts such as community service activities and voting.</li> </ul>

*For more detailed information about Personal Responsibility, please see the full competency guide found in the DESSA Comprehensive SEL System.*