

## Love Notes

Collaborative for Academic, Social, and Emotional Learning (CASEL) Core Competencies.  
GRADES 6-12

### Lesson 1: Relationships Today

Section	Self-Awareness
1.2 & 1.3	Having a growth mindset.
	Self-Management
1.2	Setting personal and collective goals.
	Relationship Skills
1.1-1.5	Developing positive relationships.
1.5	Seeking or offering support and help when needed.

### Lesson 2: Knowing Yourself

Section	Self-Awareness
2.1-2.3	Integrating personal and social identities.
2.2 & 2.3	Identifying personal, cultural, and linguistic assets.
2.3	Having a growth mindset.
	Self-Management
2.2	Managing one's emotions.
2.3	Demonstrating personal and collective agency.
	Social Awareness
2.2	Recognizing strengths in others.
2.3	Understanding the influences of organizations and systems on behavior.
	Relationship Skills
2.1-2.3	Developing positive relationships.
2.3	Seeking or offering support and help when needed.

### Lesson 3: My Expectations - My Future

Section	Self-Awareness
3.1-3.3	Linking feelings, values, and thoughts.
	Self-Management

3.1-3.3	Setting personal and collective goals.
3.3	Demonstrating personal and collective agency.

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### **Relationship Skills**

3.1-3.3	Developing positive relationships.
3.2	Resisting negative social pressure.
3.3	Seeking or offering support and help when needed.

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## **Lesson 4: Attractions and Starting Relationships**

### **Section Self-Awareness**

4.2	Linking feelings, values, and thoughts.
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### **Self-Management**

4.2	Managing one's emotions
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### **Relationship Skills**

4.1 & 4.2	Developing positive relationships.
4.2	Seeking or offering support and help when needed.

## **Lesson 5: Principles of Smart Relationships**

### **Section Self-Management**

5.1-5.3	Demonstrating personal and collective agency.
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### **Relationship Skills**

5.1-5.3	Developing positive relationships.
5.3	Seeking or offering support and help when needed.

## **Lesson 6: Is It a Healthy Relationship?**

### **Section Self-Awareness**

6.1	Linking feelings, values, and thoughts.
6.1	Experiencing self-efficacy.

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### **Self-Management**

6.3	Showing the courage to take initiative.
6.1 & 6.3	Demonstrating personal and collective agency.

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### **Relationship Skills**

6.1-6.3	Developing positive relationships.
6.3	Seeking or offering support and help when needed.

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**Responsible Decision Making**

6.1 & 6.3 Learning how to make a reasoned judgement after analyzing information, data, and facts.

6.1-6.3 Reflecting on one's role to promote personal, family, and community well-being.

## Lesson 7: Dangerous Love

**Section Self-Awareness**

7.4 & 7.5 Experiencing self-efficacy.

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**Self-Management**

7.4 & 7.5 Showing the courage to take initiative.

7.4 & 7.5 Demonstrating personal and collective agency

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**Social Awareness**

7.4 & 7.5 Recognizing situational demands and opportunities.

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**Relationship Skills**

7.1-7.5 Developing positive relationships

7.1 & 7.5 Resisting negative social pressure.

7.5 Seeking or offering support and help when needed.

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**Responsible Decision Making**

7.1-7.5 Reflecting on one's role to promote personal, family, and community well-being.

## Lesson 8: Decide, Don't Slide! Pathways & Sequences Towards Success

**Section Self-Awareness**

8.3 Experiencing self-efficacy.

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**Self-Management**

8.2-8.4 Exhibiting self-discipline and self-motivation.

8.3 Using planning and organizational skills.

8.3 Showing the courage to take initiative.

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**Relationship Skills**

8.1-8.4 Developing positive relationships

8.1 & 8.3 Resisting negative social pressure.

8.4 Seeking or offering support and help when needed.

### **Responsible Decision Making**

8.1-8.3	Learning how to make a reasoned judgement after analyzing information, data, and facts.
8.1	Anticipating and evaluating the consequences of one's actions.
8.1-8.4	Reflecting on one's role to promote personal, family, and community well-being.
8.1-8.4	Evaluating personal, interpersonal, community, and institutional impact.

## **Lesson 9: Communication and Healthy Relationships**

### **Section**

### **Self-Awareness**

9.2	Identifying one's emotions.
9.2 & 9.3	Experiencing self-efficacy.

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### **Self-Management**

9.2 & 9.3	Managing one's emotions.
9.1-9.3	Identifying and using stress-management strategies.

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### **Social Awareness**

9.3	Taking other's perspectives.
9.3	Demonstrating empathy and compassion.
9.3	Showing concern for the feelings of others.

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### **Relationship Skills**

9.1-9.3	Communicating effectively.
9.1-9.3	Developing positive relationships.
9.1-9.3	Resolving conflicts constructively
9.3	Seeking or offering support and help when needed.

## **Lesson 10: Communication Challenges and More Skills**

### **Section**

### **Self-Awareness**

10.3	Identifying one's emotions.
10.2 & 10.3	Experiencing self-efficacy.

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### **Self-Management**

10.2 & 10.3	Managing one's emotions.
10.1-10.5	Identifying and using stress-management strategies.

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	<b>Social Awareness</b>
10.2	Taking other’s perspectives.
10.2 & 10.5	Demonstrating empathy and compassion.
10.2 & 10.5	Showing concern for the feelings of others.
10.2	Understanding and expressing gratitude.

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	<b>Relationship Skills</b>
10.1-10.5	Communicating effectively.
10.1-10.5	Developing positive relationships.
10.1-10.5	Resolving conflicts constructively.
10.5	Seeking or offering support and help when needed.

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	<b>Responsible Decision Making</b>
10.4	Identifying solutions for personal and social problems.
10.5	Recognizing how critical thinking skills are useful both inside and outside of school.

## Lesson 11: Let’s Talk About Sex

<b>Section</b>	<b>Self-Awareness</b>
11.6	Linking feelings, values, and thoughts.
11.6	Experiencing self-efficacy.

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	<b>Self-Management</b>
11.6	Exhibiting self-discipline and self-motivation.
11.6	Demonstrating personal and collective agency.

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	<b>Relationship Skills</b>
11.4 & 11.5	Communicating effectively.
11.1-11.6	Developing positive relationships.
11.6	Resisting negative social pressure.
11.6	Seeking or offering support and help when needed.

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	<b>Responsible Decision Making</b>
11.3	Recognizing how critical thinking skills are useful both inside and outside of school.
11.1-11.6	Reflecting on one’s role to promote personal, family, and community well-being.

11.1-11.6 Evaluating personal, interpersonal, community, and institutional impact.

## Lesson 12: Let's Plan for Choices

Section	Social Awareness
12.4 & 12.5	Experiencing self-efficacy.
	<b>Self-Management</b>
12.5	Exhibiting self-discipline and self-motivation.
12.5	Setting personal and collective goals.
12.4 & 12.5	Showing the courage to take initiative.
12.5	Demonstrating personal and collective agency.
	<b>Relationship Skills</b>
12.4 & 12.5	Communicating effectively.
12.1-12.5	Developing positive relationships.
12.4 & 12.5	Resisting negative social pressure.
12.5	Seeking or offering support and help when needed.
	<b>Responsible Decision Making</b>
12.1-12.5	Reflecting on one's role to promote personal, family, and community well-being.
12.1-12.5	Evaluating personal, interpersonal, community, and institutional impact.

## Lesson 13: Through the Eyes of a Child

Section	Self-Awareness
13.6	Experiencing self-efficacy.
	<b>Self-Management</b>
13.6	Exhibiting self-discipline and self-motivation.
13.6	Setting personal and collective goals.
13.6	Showing the courage to take initiative.
13.6	Demonstrating personal and collective agency.
	<b>Social Awareness</b>
13.1-13.6	Demonstrating empathy and compassion.
13.1-13.6	Showing concern for the feelings of others.

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**Relationship Skills**

- 13.1-13.6 Developing positive relationships.
- 13.6 Seeking or offering support and help when needed.
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**Responsible Decision Making**

- 13.6 Learning how to make a reasoned judgement after analyzing information, data, and facts.
- 13.3 Anticipating and evaluating the consequences of one's actions.
- 13.4 & 13.5 Recognizing how critical thinking skills are useful both inside and outside of school.
- 13.1-13.6 Reflecting on one's role to promote personal, family, and community well-being.
- 13.1-13.6 Evaluating personal, interpersonal, community, and institutional impact.