

# Introduction

***Smart Choices for a Digital Age: Social Skills, Technology, and Ethics*** is a social skills program with accompanying teacher guide, reader, workbook, art sheets, and assessments. The format is designed to allow students of varied reading abilities the opportunity to engage in the narrative (through text and illustrations), problem solve, discuss, and reflect. Recognizing students varied learning styles, each chapter includes seven multimodal worksheets.

Emphasis is placed on social emotional learning competencies as well as achieving academic learning standards. The stories and extended activities encourage collaboration, divergent thinking, and responsible decision-making while encouraging artistic expression.

*Smart Choices for a Digital Age: Social Skills, Technology, and Ethics* integrates the CASEL guidelines to address social emotional literacy. Each chapter features a protagonist who must resolve a technology dilemma within an ethical context while identifying personal feelings. The CASEL Learning Competencies in their entirety are listed below. Please visit the CASEL website to learn more ways to integrate Social Emotional Literacy across your entire learning curriculum. <https://casel.org>

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**Self-awareness:** The ability to accurately recognize one’s own emotions, thoughts, and values and how they influence behavior. The ability to accurately assess one’s strengths and limitations, with a well-grounded sense of confidence, optimism, and a “growth mindset.”

- Identifying emotions
- Accurate self-perception
- Recognizing strengths
- Self-confidence
- Self-efficacy



**Self-management:** The ability to successfully regulate one's emotions, thoughts, and behaviors in different situations - effectively managing stress, controlling impulses, and motivating oneself. The ability to set and work toward personal and academic goals.

- Impulse control
- Stress management
- Self-discipline
- Self-motivation
- Goal-setting
- Organizational skills

**Social awareness:** The ability to take the perspective of and empathize with others, including those from diverse backgrounds and cultures. The ability to understand social and ethical norms for behavior and to recognize family, school, and community resources and supports.

- Perspective-taking
- Empathy
- Appreciating diversity
- Respect for others



**Relationship skills:** The ability to establish and maintain healthy and rewarding relationships with diverse individuals and groups. The ability to communicate clearly, listen well, cooperate with others, resist inappropriate social pressure, negotiate conflict constructively, and seek and offer help when needed.

- Communication
- Social engagement
- Relationship-building
- Teamwork

**Responsible decision-making:** The ability to make constructive choices about personal behavior and social interactions based on ethical standards, safety concerns, and social norms. The realistic evaluation of consequences of various actions, and a consideration of the well-being of oneself and others.

- Identifying problems
- Analyzing situations
- Solving problems
- Reflecting
- Ethical responsibility
- Teaching suggestions

