



High School Level SEL Core Competency No. 4

# Charlotte-Mecklenburg Schools

## Relationship Skills

- Classroom and Advisory Videos
- Discussion Questions
- Self-Reflection Questions
- Lesson Plans

Experts with the Collaborative for Academic, Social and Emotional Learning (CASEL) confirm that social and emotional learning (SEL) is essential to the school and life success of all children. Why? Our emotions and relationships affect how and what we learn. Emotions can enable us to generate an active interest and sustain our engagement in learning. On the other hand, unmanaged stress and poor regulation of impulses interfere with attention and memory and contribute to behaviors disruptive to learning. Studies confirm SEL benefits including reductions in child aggression, substance abuse, delinquency, and violence; lower levels of depression and anxiety; and increased grades, attendance, and performance in core academic subjects.

This guide provides a suggested order for putting **Connect with Kids** social and emotional learning video resources, along with discussion questions and activities, to work in the elementary school classroom. Business experts call it “see-feel-change,” fueling action by sparking emotion. Connect with Kids calls it **educating the heart**: using the power of storytelling and peer-to-peer connections to create heart-felt associations. Research shows that children and adults who emotionally connect with an experience are more likely to make life-long behavioral change than those who just receive information about that experience. Students realize that they are not alone in their feelings and learn to trust their teachers, classmates and themselves as they navigate social and emotional challenges that naturally occur in the elementary school years.

Search for the program title to find video and print resources, which all stream 24/7 via your Connect with Kids WebSource website subscription or custom school website.

### Questions?

Please contact Connect with Kids Client Support at **888.598.KIDS (5437)** or email [info@cwknetwork.com](mailto:info@cwknetwork.com).

# Charlotte-Mecklenburg Schools

## Relationship Skills



Title	SEL Notes	Documentary Story Description
Video Short <a href="#">The Mentor Impact: Who Believes in You?</a>	Guiding others, listening actively, and communicating clearly are all parts of being a mentor. Mentors can change lives, so it is important to have strong relationship skills.	Hear the story of George Kolonias, a former gang member, drug seller, and gun runner, and how a finding a mentor when he got out of prison inspired him to see and experience a different future.
Video Short <a href="#">The Importance of Attendance</a>	Knowing when and who to ask for help is a skill that many students need in order to get on the right track. With most attendance issues stemming from problems at home, students need to know where they can go to get help.	Sometimes when kids miss school, it's the grown-ups in their lives that are the real problem.
Video Short <a href="#">Student Truancy</a>	It's important for students to know when to ask for help and when to offer it to others. If they believe that they can be successful, but they need a little help to get back on their feet, they'll be able to achieve.	Watching this real story can help teens to understand the real consequences of skipping school. Encourage responsibility and planning for the future by helping kids to think about the positive outcomes of showing up and staying involved in school, every single day.
Video Short <a href="#">Asking for Help</a>	In difficult situations, it is important to know who and when to ask for help.	Students, requesting help and sticking with it can make the difference between academic success and failure.
Single Topic Video <a href="#">Caring &amp; Compassion</a>	Being caring and compassionate towards others requires understanding of how others feel as well as being helpful when others face hardships.	Carey Strongwater's compassionate nature is evident in the care that he gives to animals, elderly neighbors and vulnerable classmates.

# Charlotte-Mecklenburg Schools

## Relationship Skills



Title	SEL Notes	Documentary Story Description
Single Topic Videos <a href="#">Cooperation</a>	Working together towards a common goal takes cooperation. It requires effective communication and the ability to solve conflicts respectfully.	When Marisol Rivera's actions demonstrate what she and her classmates have learned about the value of cooperation as a way of building trust, she and others help to establish a more peaceful situation at her high school.
Single Topic Videos <a href="#">Helpfulness</a>	Knowing when to offer help and how to offer it to others is important to build positive, healthy relationships.	Amanda and Krystell Laffin make self-sacrifices in order to ease the daily challenges faced by their ailing mother.
Single Topic Videos <a href="#">Loyalty</a>	Being there for others and knowing how/when to offer help to friends and peers is a building block for strong, healthy relationships and loyalty.	When Jenny Nichols experienced an abusive relationship with an older boy, she had difficulty breaking it off. She wanted to remain loyal to him despite his abusive behavior. Dating that includes violence can often lead to a misaligned concept of loyalty.
Single Topic Videos <a href="#">Respect</a>	Self-respect and respect for others is an important part of having strong, healthy relationships.	When Kyle Van West decides she's in love, she decides to have sex. She was fifteen years old, and she thought she was ready. Then the relationship ended, and Kyle went into a deep depression.
Single Topic Videos <a href="#">Togetherness</a>	Working as a team towards a common goal requires cooperation, communication, and togetherness.	When Melissa Gerjo's father died in a car accident, she tried to distance herself from everyone who loved her. But her older twin brothers taught her the importance of family unity by giving her unconditional love and support.

# Charlotte-Mecklenburg Schools

## Relationship Skills



Title	SEL Notes	Documentary Story Description
Single Topic Videos <a href="#">Trustworthiness</a>	Having trust in each other is essential to solid relationships.	Jenny Champa’s parents walk a fine line between trusting that their daughter will make the right choices in life and installing a tracking device in Jenny’s car to monitor her movement. While Jenny feels the device is an invasion of privacy, her parents maintain they are only concerned with her safety.
Video Shorts <a href="#">Overcoming Issues at Home</a>	“Both parents and kids need to know that no matter what the problem is at home, there is someone at the school who can probably help.” Students and parents need know where and how to seek help from those around them during tough times.	Watch this real story to help students understand the importance of attending school. Without passing judgment, get a conversation started to guide students to resources they can turn to for support despite challenges they may encounter at home.
Inside Out <a href="#">Cooperation</a>	Cooperation is working together towards a common goal and focusing your actions on benefiting your community and others.	See kids band together to clean up their city and help the environmental effort to stop littering.
<a href="#">Civil Wars (Parts 1-5)</a>	Being respectful towards others, thinking before acting, and solving conflicts with effective strategies are all important facets of civility.	Explore ideas about civility and courtesy that many kids have never thought or talked about before, which are the critical prerequisites to a change in behavior.

# Charlotte-Mecklenburg Schools

## Relationship Skills



Title	SEL Notes	Documentary Story Description
Video Short- <a href="#">Finding a Mentor</a>	Receiving and offering help when needed is necessary for building a strong mentoring relationship.	This video tells real stories about finding and being a mentor and its benefits.
CRE - Building Social Capital <a href="#">Being a Citizen of your Community</a>	Knowing when/how to give or get help is an essential skill that each student needs to learn in order to build strong relationships with people. Being a mentor in your community is a great way to build these skills.	Itoro recognizes that a lot of people made sacrifices for him, and he wants to be a responsible citizen and give something back to his community.
<a href="#">First Comes Love (Parts 1-4)</a>	There are many pressures on teens today when it comes to dating but it is important to learn how to communicate with each other and develop a strong relationship with that person before making any big decisions about intimacy and sex.	FIRST COMES LOVE examines some of today's pressures regarding love and how teens view and define relationships and dating.
Video Shorts- <a href="#">The Value of Grief Counseling</a>	Providing students with resources that they can use to help deal with grief is extremely helpful during tough times.	When a tragedy occurs on a school campus, grief counselors often rush in to help. They encourage students to talk about their feelings, hoping to help them cope with the horrible things they've seen and heard. Some students say they get a lot out of grief counseling, even if they didn't think they would. Some say they don't benefit — and don't even like it. Conventional wisdom says it's unsafe to repress your feelings.