

# Charlotte-Mecklenburg Schools

## Social Awareness



- 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 \(5437\)](tel:888.598.KIDS) or email [info@cwknetwork.com](mailto:info@cwknetwork.com).

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Title	SEL Notes	Documentary Story Description
<p>Video Short- Learning <a href="#">Disabilities Hurt</a></p>	<p>Having a disability can make life challenging for many; therefore, it is important for those who do not have a disability to learn how to take the perspective of those who do in order to develop empathy.</p>	<p>Lots of our children say the worst part of having a learning disability is not the challenge of reading and writing ... instead, it's hearing other people say you're stupid and believing them. What can be done to help boost confidence, even as struggles continue?</p>
<p>Single Topic Video <a href="#">Citizenship</a></p>	<p>Being a socially aware good citizen includes helping others and thinking from the perspective of others.</p>	<p>In addition to feeding the homeless and volunteering with the Boys and Girls Club, Itoro Ufot spends much of his time going door-to-door educating people in his community about voter registration. These acts of citizenship have helped Itoro to realize the importance of giving back to his community.</p>
<p>Single Topic Video <a href="#">Civility</a></p>	<p>Being able to see from others' perspectives and understand how others think and feel help us treat all people with civility.</p>	<p>Kevin Vogel, Drew Hindshaw and Walt Camp say popularity and group acceptance are not worth the price of being humiliated and hazed.</p>
<p>Single Topic Videos <a href="#">Courtesy</a></p>	<p>Knowing how your actions and words affect others and interacting politely and considerately are ways to show courtesy.</p>	<p>Chuck Bailey possesses the necessary ingredients to succeed in the service industry: a strong work ethic, attention to detail and a commitment to courtesy.</p>
<p>Single Topic Videos <a href="#">Generosity</a></p>	<p>Generosity begins by empathizing with and knowing how to make others feel good by giving of their time, talents, and energy.</p>	<p>Monique Swinger devotes her time and commitment to mentoring community youth.</p>

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Single Topic Videos <a href="#">Honesty</a>	Honesty requires us to determine what is true and what is not and to act accordingly.	Pat Foster has a dilemma. After working late at night on school nights, he has homework to do, and he is tempted to cheat. Many students face this dilemma on a regular basis
Single Topic Videos <a href="#">Honor</a>	Knowing how lying affects others as well as yourself is a social awareness skill that contributes to honorable behavior.	Olympic weightlifter Cheryl Haworth honors herself by making her 300-pound body work for her.
Single Topic Videos <a href="#">Integrity</a>	Recognizing that your actions affect others in various ways and knowing how to place yourself in someone else's shoes is important to show integrity and develop strong, moral principles.	When Nate Brazil threatened to shoot one of his teachers, his friend Michelle Cordovez dismissed his threat as a joke and didn't tell anyone. Nate turned that threat into a reality, and now Michelle lives with the guilt of knowing she might have saved a life if she had broken her silence.
Single Topic Videos <a href="#">Kindness</a>	Being kind means you know and care about how your actions and words affect others.	Arab-born football star Nizar Alawamleh's friends and teachers vowed to protect him from racist backlash after Muslim extremists were accused of perpetrating violent acts against Americans on September 11, 2001.
Single Topic Videos <a href="#">Tolerance</a>	Being respectful of other's cultures and backgrounds requires empathy and tolerance.	Trapped between two cultures, Rene Sanchez struggles to fit into the American way of life while still remaining true to his Mexican heritage.

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Video Shorts <a href="#">The Empathy Deficit</a>	Empathy develops from being able to think from others' perspectives to consider how others feel and think in different situations.	Are remote online connections that replace face-to-face communication and constant competition impacting our abilities to feel empathy?
Inside Out <a href="#">Citizenship</a>	Establishing connections with others and being able to see multiple perspectives of those in your community helps develop the social awareness skill of citizenship.	Grayson Gunn talks about his experience joining the Marines and what he learned going through boot camp.
Inside Out <a href="#">Civility</a>	Thinking from the perspective of others and speaking or acting appropriately are important to develop the social awareness skill of civility.	Erica Bryant was subject to bullying, even in the safety of her own home.
Inside Out <a href="#">Generosity</a>	Understanding how others are feeling is an important step for students to develop the social awareness skill of generosity.	Danielle Anzalone has been bullied since the third grade for being different. When she finally asked for help and began talking with the school counselor things at school became easier.
<a href="#">Sticks &amp; Stones (Parts 1-5)</a>	Looking at situations from others' perspectives and understanding how your words and actions affect others are important to battle the pain caused by gossip, slander, and cyberbullying.	Real stories shared by families and teens show kids the pain of cruel gossip, slander and cyberbullying.

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<a href="#"><u>Invisible Weapons (Parts 1-4)</u></a>	Recognizing that your actions affect your relationships with others in both positive and negative ways is important for bullying prevention. One must be able to regulate emotions and resist impulses in order to effectively communicate and solve conflicts with peers.	This Emmy award-winning program offers solutions to the bullying epidemic with perspectives shared by both victims and bullies.
<a href="#"><u>Silent Witness (Parts 1-5)</u></a>	Bullies, victims, and bystanders have different kinds of control and power in situations when bullies are involved. By speaking up about what they have witnessed, bystanders can help protect the victims and help put a stop to the bullying. Witnesses should be empathetic and have the ability to see from multiple perspectives when acting in these situations.	Kids talk about their experience on bullying, whether they are the bully, the victim, or the witness to bullying.
Video Short <b>College Myths</b> ( <a href="#"><u>Parts 1 &amp;2</u></a> )	Students need to find resources and supports to educate themselves about the college application process and think about the source from which they are hearing the information into consideration.	Hear from students – and experts – about what teens and their parents should know about common misconceptions about college requirements.
<a href="#"><u>The Internet Generation (Parts 1-5)</u></a>	It is easy to hide behind a computer screen and bully others on social media, but it is important to put yourself in the shoes of the victim and try to imagine the effects that cyberbullying has on them before acting.	Help even tech-savvy kids think about what they need to know to protect themselves online... from others and their own behavior.

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<p>Video Short <a href="#">Cyberbullying</a></p>	<p>Young people—and their parents—need to consider the impact of their actions online.</p>	<p>According to an Associated Press/MTV survey of more than 1,200 14- to 24-year-olds, 50 percent have been harassed online or by text messages. It's time for adults and kids to understand cyberbullying's impact and to learn what not to "say" and post online.</p>
<p>Video Short <a href="#">Technical Difficulties</a></p>	<p>Most people only mount positive pictures and posts on social media when, in reality, their lives are not happy and positive every minute of every day. These posts make viewers anxious and stressed, but viewers need to be able to think about the person behind the post and empathize instead of compare themselves.</p>	<p>Test scores. Competitive team sports. And even technology, where photos on Facebook and posts on Twitter report on who is doing what with whom... and who's been left out. Is technology actually fueling today's teen anxiety? Is this real life or just really stressful for today's teens?</p>
<p>Video Short <a href="#">Facebook Depression</a></p>	<p>FOMO, or "Fear of Missing Out," is fueled by posts on social media of all kinds. Families need to work together to help students think about the impact of social media on children of all ages.</p>	<p>The American Academy of Pediatrics issued a clinical report on the impact of social media use on children, adolescents and families. Researchers called one outcome "Facebook depression," – something we all should be aware of.</p>
<p>CRE <a href="#">Overcoming Racial Stereotypes: Conflict Resolution</a></p>	<p>Seeking others' perspectives is the key to building strong understanding between diverse groups of people.</p>	<p>Hear how Artesia High School, just south of L.A., created a program to get kids of different races to talk with one another and do things together.</p>

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<a href="#"><u>Someone You Know (Parts 1-5)</u></a>	Understanding how someone else is thinking is an important step toward protecting yourself and your emotions. Students and kids need to know how the behaviors of others affect them so they can react appropriately before things get out of control.	SOMEONE YOU KNOW details the early warning signs of dating violence, offers advice on breaking up safely, and includes steps teenage boys can take to help end the violence.
<a href="#"><u>Mr. Bluz Poetry</u></a> <a href="#"><u>Hear My Voice</u></a>	Advocating for a better environment and a better life comes from the drive to want to change. It comes from understanding others' perspectives and being able to relate to others.	Hear My Voice is a unique look at advocacy and change. The message? Believe that everyone has the right to safe and healthy surroundings. Working together, we can achieve our mission to engage, educate and empower youth to build lives and communities free from violent behaviors.