

Trauma-Informed Living

CASEL Alignment

		CASEL Competencies				
Unit	Purpose Prep Lessons	SELF-AWARENESS	SELF-MANAGEMENT	SOCIAL AWARENESS	RELATIONSHIP SKILLS	RESPONSIBLE DECISION MAKING
1	Personal Safety	✓	✓		✓	
	Recognizing Potential Barriers	✓	✓			✓
	Self-Esteem	✓	✓			
	Helplessness to Hopefulness	✓	✓		✓	✓
2	Social-Emotional Trauma	✓	✓			
	Real-Life Childhood Trauma	✓	✓	✓		✓
	Dealing with Depression	✓	✓	✓		
	Overcoming Anxiety	✓	✓		✓	
3	Prevention of Mental Health Disorders	✓	✓		✓	✓
	Reducing the Stigma of Mental Health	✓	✓	✓	✓	✓
	Signs and Symptoms of Mental Health Disorders	✓	✓			
	Warning Signs	✓		✓	✓	
4	Suicide Prevention	✓	✓	✓	✓	✓
	Identifying Suicide Risks and Protective Factors	✓	✓		✓	✓
	There's No Shame in Asking for Help	✓	✓	✓	✓	✓
	Finding Available Community Suicide Prevention Resources		✓		✓	✓