



# Bullying is a Pain in the Brain

## ASCA Alignment

Alignment by Dr. Danielle Schultz

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**Book Title:** *Bullying is a Pain in the Brain* by Trevor Romain

**The ASCA Mindsets & Behaviors for Student Success: K-12 College- and Career-Readiness Standards for Every Student**

*Each of the following standards can be applied to the academic, career and social/emotional domains.*

**Category 1: Mindset Standards**

1.	Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being
2.	Self-confidence in ability to succeed
3.	Sense of belonging in the school environment
5.	Belief in using abilities to their fullest to achieve high-quality results and outcomes
6.	Positive attitude toward work and learning

**Category 2: Behavior Standards**

**Learning Standards**

1.	Demonstrate critical-thinking skills to make informed decisions
2.	Demonstrate creativity
5.	Apply media and technology skills
9.	Gather evidence and consider multiple perspectives to make informed decisions

**Self-Management Skills**

1.	Demonstrate ability to assume responsibility
2.	Demonstrate self-discipline and self-control
6.	Demonstrate ability to overcome barriers to learning
7.	Demonstrate effective coping skills when faced with a problem
9.	Demonstrate personal safety skills
10.	Demonstrate ability to manage transitions and ability to adapt to changing situations and responsibilities

**Social Skills**

1.	Use effective oral and written communication skills and listening skills
2.	Create positive and supportive relationships with other students
3.	Create relationships with adults that support success
4.	Demonstrate empathy
5.	Demonstrate ethical decision-making and social responsibility
6.	Use effective collaboration and cooperation skills
7.	Use leadership and teamwork skills to work effectively in diverse teams
8.	Demonstrate advocacy skills and ability to assert self, when necessary
9.	Demonstrate social maturity and behaviors appropriate to the situation and environment

**ASCA MINDSET AND BEHAVIOR STANDARDS:** MS.1, MS.2, MS.3, MS.5, MS.6, BS.LS.1, BS.LS.2, BS.LS.5, BS.LS.9, BS.SMS.1, BS.SMS.2, BS.SMS.6, BS.SMS.7, BS.SMS.9, BS.SMS.10, BS.SS.1, BS.SS.2, BS.SS.3, BS.SS.4, BS.SS.5, BS.SS.6, BS.SS.7, BS.SS.8, BS.SS.9