



# Stand Up to Bullying!

## Upstanders to the Rescue!

ASCA Alignment

Alignment by Dr. Danielle Schultz

**Book Title:** *Stand Up to Bullying!: Upstanders to the Rescue* by Phyllis KAufman Goodstein and Elizabeth Verdick

**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

**Category 2: Behavior Standards**

**Learning Standards**

1. Demonstrate critical-thinking skills to make informed decisions
2. Apply media and technology skills
3. 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
4. Demonstrate ability to delay immediate gratification for long-term rewards
5. Demonstrate perseverance to achieve long- and short-term goals
6. Demonstrate ability to overcome barriers to learning
7. Demonstrate effective coping skills when faced with a problem
8. Demonstrate personal safety skills

**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. Demonstrate advocacy skills and ability to assert self, when necessary
8. Demonstrate social maturity and behaviors appropriate to the situation and environment

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