

Top 10 Ways *Choices* Meets Your SEL Goals

Achieve your social-emotional-learning goals and improve student outcomes with *Choices*®, the affordable, effective SEL teaching package for today's teens. Research shows that SEL positively impacts achievement, behavior and more. *Choices* builds SEL competencies through inspiring teen stories, informative articles, skills activities and other powerful print & digital resources. **TRY CHOICES FREE!**

1 Promote responsible decision-making

with reliable guidance on ethical conduct, personal safety, avoiding health risks and more.

6 Teach self-management,

including handling stress, controlling impulses and learning resilience.

2 Cultivate empathy and tolerance

through profiles of young people with diverse backgrounds, challenges and perspectives.

7 Encourage communication among students

and between students and adults with discussion questions, debates and more.

3 Prevent bullying

with eye-opening, real-life bullying stories and actionable advice.

8 Boost self-awareness

with lessons on identifying emotions, being optimistic and having a growth mindset.

4 Motivate goal-setting with strategies

for college- and career-readiness as well as everyday goals.

9 Address digital citizenship,

the safe, responsible use of smartphones, the internet and social media.

5 Foster healthy relationships

with practical, relatable articles about friendships, dating, family and more.

10 Support whole-child education

with a holistic resource that addresses every aspect of a student's development.

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