



School District of Palm Beach County

2025-2026

Skills for Learning & Life (SLL) Guide

for High Schools

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Overview

Skills for Learning & Life (SLL) lead to youth and adults achieving academic, post-secondary, career and life success. SLL strengthens teaching and learning of academic content, builds confidence, supports mental health, and enables youth and adults to overcome challenges.

The SLL Guide was designed to support schools with a systemic, schoolwide approach for teaching the Skills for Learning & Life (SLL). A systemic, schoolwide approach to SLL intentionally cultivates a caring and supportive learning environment and practices that actively involve all students in their life skills and academic growth. The goal is to prepare students for long-term success in school and in life.

The School District of Palm Beach County's SLL Framework is based upon required Health Instruction as outlined in Florida State Statute 1003.42(2)(o)(4) and involves acquiring and effectively applying knowledge, attitudes, and skills of self-awareness and self-management, responsible decision-making, resiliency, relationship skills (including conflict resolution), and social awareness (including understanding and respecting other viewpoints and backgrounds). In addition, the SLL Themes help students work towards achieving the outcomes of the Florida Resiliency Education Standards.

Students develop these competencies in many ways as they move throughout their classroom(s), school, out-of-school time (after school), home, and community. When opportunities for SLL across all of these contexts are consistent, students are more likely to internalize these core Learning & Life Skill Competencies. The SLL Guide seeks to coordinate SLL across all of these settings by providing possible weekly SLL Themes that can be taught, discussed and applied throughout the school year.





2025-2026 SDPBC SLL Themes

We care about ourselves, are kind to others, and are responsible for ourselves and our community.

Florida's Health Life Skills/Competencies Part of required instruction F.S. 1003.42(2)(o)(4)		SDPBC SLL Themes
Self-Awareness & Self-Management	This involves being aware of different aspects of the self including traits, behaviors and feelings. It includes the ability to recognize our strengths and opportunities for growth with a well-grounded sense of confidence and purpose, and better understand how to work through our thoughts and feelings.	<ul style="list-style-type: none"> Recognizing Feelings & Emotions Linking Feelings & Thoughts Connecting Feelings, Thoughts, & Actions Working Through Feelings & Emotions Identifying Strengths & Areas for Growth Celebrating & Reflecting
Resiliency	The ability to bounce back after challenges and tough times. Resilience develops when we experience challenges and learn to deal with them in positive ways.	<ul style="list-style-type: none"> Having a Growth Mindset Setting & Achieving Goals Staying Focused & Motivated Solving Problems for Ourselves Knowing When & How to Ask for Help Understanding & Expressing Gratitude
Social Awareness	The ability to better understand other viewpoints and backgrounds, understand how another person is feeling, and have empathy and compassion for others.	<ul style="list-style-type: none"> Discovering Commonalities Taking Others' Perspectives Demonstrating Empathy & Compassion Recognizing & Appreciating Contributions of Others
Relationship Skills	The ability to communicate clearly, connect with others, and resolve conflict in a constructive way.	<ul style="list-style-type: none"> Getting to Know Each Other Offering Help Helping Others Feel Valued & Included Listening Attentively & Making Conversation Working Together as a Team Communicating Assertively Resisting Negative Peer Pressure Making Amends
Responsible Decision-Making	The ability to make caring and constructive choices, analyze our actions and how they impact ourselves and others, and how to make an informed decision.	<ul style="list-style-type: none"> Making Decisions to Improve Your Well-being Understanding Problems & Conflicts Communicating About Problems Demonstrating Honesty & Integrity Using Technology Responsibly Understanding My Role as a Community Member Demonstrating Leadership Skills



2025-2026 SLL Guide for High Schools

Month(s)	SLL Essential Idea	Possible SLL Themes	SLL Competencies	Description
August	Building a Safe & Caring Learning Community	<ul style="list-style-type: none"> ● Getting to Know Each Other ● Discovering Commonalities ● Understanding Rules & Expectations ● Developing Organizational Skills* 	Relationship Skills Social Awareness Self-Management	The first month of school is an important time to build a safe and caring classroom and school community. It is important that time is provided for young people and adults to learn about each other and make connections about things they have in common with others. Part of building a classroom and school community is providing opportunities for young people to have a voice in making classroom and school-wide decisions. In addition, the first month of school should also focus on establishing routines and expectations.
September	Being Our Best Selves	<ul style="list-style-type: none"> ● Recognizing Feelings & Emotions ● Linking Feelings & Thoughts ● Connecting Feelings, Thoughts, & Actions ● Working Through Feelings & Emotions ● Making Decisions to Improve Your Well-being ● Identifying Strengths & Areas for Growth 	Self-Awareness Self-Management Responsible Decision-Making	Being our best selves includes strengthening self-awareness and self-management skills. This includes being able to recognize and name feelings and emotions, and understanding how emotions, thoughts, and actions are connected. It is also important that we know how and when to use self-regulation strategies to work through emotions and engage in healthy and optimistic self-talk. In addition, part of being our best selves includes being able to make responsible decisions for overall well-being while recognizing strengths and areas for growth.

October & November	Being Resilient	<ul style="list-style-type: none"> • Having a Growth Mindset • Setting & Achieving Goals • Staying Focused & Motivated • Solving Problems for Ourselves • Knowing When & How to Ask for Help • Understanding & Expressing Gratitude 	Resiliency	School and life don't always go as expected, so it is important we have strategies to be resilient. Resiliency is being able to adapt and recover from difficulties and change. The foundation for resiliency is being able to see how challenges can serve as opportunities for growth, as well as the importance of staying focused and motivated to accomplish a goal or task. It is important we understand that when faced with a problem, we can use the steps of a problem-solving process to solve it and know when we need to ask for help. In addition, expressing gratitude is a resiliency strategy because it can improve our overall health and happiness, as well as strengthen our relationships.
December & January	Caring for Each Other	<ul style="list-style-type: none"> • Taking Others' Perspectives • Demonstrating Empathy & Compassion • Recognizing & Appreciating Contributions of Others • Offering Help • Helping Others Feel Valued & Included 	Social Awareness Relationship Skills	It is important that we don't just care for ourselves, but that we also care for others. Over the next two months we will focus on how we can recognize each others' emotions and appreciate others' perspectives. In addition, we will take time to think about how everyone's unique skills contribute to the class and school community. Caring for each other also includes supporting each other in helpful ways and being able to stand up for ourselves and others.
February	Communicating Effectively with Each Other	<ul style="list-style-type: none"> • Listening Attentively & Making Conversation • Working Together as a Team • Communicating Assertively • Resisting Negative Peer Pressure 	Relationship Skills	Communicating effectively is the foundation for maintaining healthy relationships. There are many strategies to support effective social and communication skills, including ways to enhance conversations and ways to avoid communication disruptions. It is also important we understand how we communicate both verbally and nonverbally, how we can speak up for ourselves and others, and how we can resist negative peer pressure.
March	Resolving Conflicts & Repairing Relationships	<ul style="list-style-type: none"> • Understanding Problems & Conflicts • Communicating About Problems 	Responsible Decision-Making Relationship Skills	Conflicts in school and life are inevitable. It is how we choose to respond that will determine whether the outcomes of conflict are constructive or destructive. This month we will focus on different approaches to resolving interpersonal (involving others) conflicts

		<ul style="list-style-type: none"> • Making Amends 		<p>using a step-by-step problem-solving approach. It is important we are able to communicate our own thoughts and feelings about a problem using “I” statements. We will also discover that we can learn from each other by considering alternative viewpoints and empathizing with others. In addition, we will learn how making amends for our mistakes can contribute to healthier relationships.</p>
April	Making Responsible Decisions for Ourselves & Our Community	<ul style="list-style-type: none"> • Demonstrating Honesty & Integrity • Using Technology Responsibly • Understanding My Role as a Community Member • Demonstrating Leadership Skills 	Responsible Decision-Making	<p>It is important we have skills to help us make responsible decisions for ourselves and our community. This includes understanding why it is important to be trustworthy, doing the right thing even when it may be difficult, and communicating in a kind and respectful way when using technology. In addition, it is important we all understand our role and responsibilities as a community member. We all have the ability to be leaders in our community who can encourage and empower others.</p>
May	Planning for Post Graduation Success and Beyond	<ul style="list-style-type: none"> • Creating a Student Resume* • Exploring Career Pathways* • Developing & Practicing the Skills Necessary for Various Types of Interviews* 	All Competencies	<p>Our ultimate goal is to prepare ourselves to be successful, productive members of the community after graduation and beyond. It is essential to equip ourselves with the skills necessary to be successful in college, career, military, acquiring special certifications, etc. This includes building a student resume to highlight our individual strengths and skills, the ability to explore career options that meet our goals and specific aptitudes, and developing the capabilities necessary for various types of interviews required for educational and career opportunities.</p>

*These SLL Themes are specific to High School and are part of required instruction per F.S. 1003.42(2)(n)(4).



APPENDIX

Alignment to State Resiliency Requirements and Standards

Resiliency Florida & SDPBC Alignment

Florida is leading a first-in-the-nation approach that empowers students to persevere and overcome life's inevitable challenges. The Florida Department of Education developed State Resiliency Education Standards and 11 Resiliency Skills to help students overcome any challenge. The School District of Palm Beach County is ensuring that all Resiliency Skills and State Resiliency Education Standards are taught throughout the year using explicit instruction lessons from the SLL Resource Center and resources from our new SDPBC Resiliency Palm Beach! Program.

Month	FLDOE Resiliency Skill(s)	State Description
August	Responsibility	Owning my actions, using good judgment, and practicing self-control
September	Self-Awareness & Self-Management	Understanding and governing our thoughts, actions, and impacts on others
October	Grit	Working consistently toward my long term goals
November	Gratitude	Being thankful and sharing appreciation with others
December	Empathy	Understanding others' thoughts, feelings & actions
January	Mentorship	Giving or asking for support, guidance, training, or expertise
	Responsible Decision-Making	Thinking about all options and outcomes to make the best choice
February	Perseverance	Continuing to try even when things are hard
March	Critical Thinking & Problem Solving	Gathering information to think through and determine the best solution
April	Honesty	Telling the truth
	Citizenship	Helping my neighbor, community, & nation

9th - 12th Grade

Florida's Life Skills and Resiliency Standards for Required Instruction School District of Palm Beach County SLL Theme Alignment Chart

This document includes all of the Florida Department of Education's Resiliency Standards, as well as the Health Standards that apply to Skills for Learning and Life.

Resiliency/Health Standard	Related SLL Themes & Competencies	SLL Unit & Month(s)
HE.912.C.2.2 Compare how peers influence healthy and unhealthy behaviors.	Helping Others Feel Valued & Included (Relationship Skills)	Caring for Each Other <i>December & January</i>
	Resisting Negative Peer Pressure (Relationship Skills)	Communicating Effectively with Each Other <i>February</i>
	Making Amends (Relationship Skills)	Resolving Conflicts & Repairing Relationships <i>March</i>
HE.912.CEH.2.6 Analyze how culture supports and challenges health beliefs, practices, and behaviors.	Having a Growth Mindset (Resiliency)	Being Resilient <i>October & November</i>
	Understanding My Role as a Community Member (Responsible Decision-Making)	Making Responsible Decisions for Ourselves & Our Community <i>April</i>
HE.912.CEH.3.5 Examine barriers that can hinder healthy decision making.	Understanding Problems & Conflicts (Responsible Decision-Making)	Resolving Conflicts & Repairing Relationships <i>March</i>
HE.912.PHC.1.3 Analyze the role of individual responsibility in enhancing health.	Making Decisions to Improve Your Well-being (Responsible Decision-Making)	Being Our Best Selves <i>September</i>
HE.912.P.8.1 Demonstrate how to influence and support others in making positive health choices.	Offering Help (Relationship Skills)	Caring for Each Other <i>December & January</i>
HE.912.PHC.1.4 Interpret the significance of interrelationships in mental and physical health.	Taking Others' Perspectives (Social Awareness)	Caring for Each Other <i>December & January</i>
	Having a Growth Mindset (Resiliency)	Being Resilient <i>October & November</i>
HE.912.PHC.2.4 Analyze how family and culture influence the health of individuals.	Taking Others' Perspectives (Social Awareness)	Caring for Each Other <i>December & January</i>
	Recognizing & Appreciating Contributions of Others (Social Awareness)	Caring for Each Other <i>December & January</i>
HE.912.PHC.2.7 Evaluate the influence of	Helping Others Feel Valued &	Caring for Each Other

personal values, attitudes, and beliefs about individual health practices and behaviors.	Included (Relationship Skills)	<i>December & January</i>
HE.912.PHC.2.9 Analyze the impacts of technology and social media on popular culture and personal life.	Using Technology Responsibly (Responsible Decision-Making)	Making Responsible Decisions for Ourselves & Our Community <i>April</i>
HE.912.PHC.2.10 Demonstrate the ethical and responsible use of technology.	Using Technology Responsibly (Responsible Decision-Making)	Making Responsible Decisions for Ourselves & Our Community <i>April</i>
	Making Decisions to Improve Your Well-being (Responsible Decision-Making)	Being Our Best Selves <i>September</i>
HE.912.PHC.3.1 Determine the value of applying a thoughtful decision making process in health related situations.	Making Decisions to Improve Your Well-being (Responsible Decision-Making)	Being Our Best Selves <i>September</i>
	Solving Problems for Ourselves (Resiliency)	Being Resilient <i>October & November</i>
HE.912.PHC.3.2 Assess whether individual or collaborative decision making is needed to make a healthy decision.	Solving Problems for Ourselves (Resiliency)	Being Resilient <i>October & November</i>
	Knowing When & How to Ask for Help (Resiliency)	Being Resilient <i>October & November</i>
HE. 912.PHC.3.8 Formulate a plan to attain a personal health goal that addresses strengths, needs, barriers and risks.	Making Decisions to Improve Your Well-being (Responsible Decision-Making)	Being Our Best Selves <i>September</i>
	Setting & Achieving Goals (Resiliency)	Being Resilient <i>October & November</i>
HE.912.PHC.3.9 Implement strategies and monitor progress in achieving a personal health goal.	Setting & Achieving Goals (Resiliency)	Being Resilient <i>October & November</i>
	Making Decisions to Improve Your Well-being (Responsible Decision-Making)	Being Our Best Selves <i>September</i>
HE.912.R.1.1 Demonstrate effective and respectful communication skills and strategies. Clarification: Differing opinions.	Listening Attentively & Making Conversations (Relationship Skills)	Communicating Effectively with Each Other <i>February</i>
	Taking Others' Perspectives (Social Awareness)	Caring for Each Other <i>December & January</i>
HE.912.R.1.2 Demonstrate empathy in a variety of contexts and situations. Clarification: Identifying others' feelings, perspectives, circumstances, experiences, and active listening.	Understanding & Expressing Gratitude (Resiliency)	Being Resilient <i>October & November</i>
	Taking Others' Perspectives (Social Awareness)	Caring for Each Other <i>December & January</i>
	Demonstrating Empathy & Compassion	Caring for Each Other <i>December & January</i>

	(Social Awareness)	
	Recognizing & Appreciating Contributions of Others (Social Awareness)	Caring for Each Other <i>December & January</i>
	Helping Others Feel Valued & Included (Relationship Skills)	Caring for Each Other <i>December & January</i>
	Listening Attentively & Making Conversation (Relationship Skills)	Communicating Effectively with Each Other <i>February</i>
	Getting to Know Each Other (Relationship Skills)	Communicating Effectively with Each Other <i>February</i>
HE.912.R.1.3 Adjust behavior to respect the needs of others.	Connecting Feelings, Thoughts, & Actions (Self-Awareness & Self-Management)	Being Our Best Selves <i>September</i>
	Working Through Feelings & Emotions (Self-Management)	Being Our Best Selves <i>September</i>
HE.912.R.2.1 Describe the importance of leadership skills in the school and the community.	Demonstrating Leadership Skills (Responsible Decision-Making)	Resolving Conflicts & Repairing Relationships <i>March</i>
HE.912.R.2.2 Analyze different perspectives to inform responsible decision-making.	Taking Others' Perspectives (Social Awareness)	Caring for Each Other <i>December & January</i>
	Understanding Problems & Conflicts (Responsible Decision-Making)	Resolving Conflicts & Repairing Relationships <i>March</i>
	Communicating about Problems (Responsible Decision-Making)	Resolving Conflicts & Repairing Relationships <i>March</i>
HE.912.R.2.3 Formulate a plan to attain a personal goal that addresses strengths, needs, and risks.	Identifying Strengths & Areas for Growth (Self-Awareness)	Being Our Best Selves <i>September</i>
	Setting & Achieving Goals (Resiliency)	Being Resilient <i>October & November</i>
	Celebrating & Reflecting (Responsible Decision- Making)	Making Responsible Decisions for Ourselves & Our Community <i>April</i>
HE.912.R.2.4 Implement strategies and monitor progress in achieving a personal goal.	Connecting Feelings, Thoughts, & Actions (Self-Awareness & Self-Management)	Being Our Best Selves <i>September</i>
	Working Through Feelings & Emotions	Being Our Best Selves <i>September</i>

	(Self-Management)	
	Having a Growth Mindset (Resiliency)	Being Resilient <i>October & November</i>
	Staying Focused & Motivated (Resiliency)	Being Resilient <i>October & November</i>
HE.912.R.2.5 Formulate an effective long-term plan to include all dimensions of wellness.	Making Decisions to Improve Your Well-being (Responsible Decision-Making)	Being Our Best Selves <i>September</i>
	Understanding & Expressing Gratitude (Resiliency)	Being Resilient <i>October & November</i>
HE.912.R.2.6 Analyze how actions and reactions can influence one to respond in different situations. Clarification: Emotions not governing behavior.	Connecting Feelings, Thoughts, & Actions (Self-Awareness & Self-Management)	Being Our Best Selves <i>September</i>
	Working Through Feelings & Emotions (Self-Awareness & Self-Management)	Being Our Best Selves <i>September</i>
HE.912.R.2.7 Evaluate strategies that assist with managing challenges or setbacks. Clarification: Time management, setting boundaries, setting realistic goals, self-care.	Recognizing Feelings & Emotions (Self-Awareness)	Being Our Best Selves <i>September</i>
	Working Through Feelings & Emotions (Self-Awareness & Self-Management)	Being Our Best Selves <i>September</i>
	Making Decisions to Improve Your Well-being (Responsible Decision-Making)	Being Our Best Selves <i>September</i>
HE.912.R.3.1 Identify benefits of voting, volunteering, mentoring, and seeking leadership positions. Clarification: Student government, clubs, volunteering in the community.	Demonstrating Leadership Skills (Responsible Decision-Making)	Making Responsible Decisions for Ourselves & Our Community <i>April</i>
	Offering Help (Relationship Skills)	Caring for Each Other <i>December & January</i>
	Working Together as a Team (Relationship Skills)	Communicating Effectively with Each Other <i>February</i>
HE.912.R.3.2 Analyze ways a leader can inspire confidence and motivate others.	Understanding & Expressing Gratitude (Resiliency)	Being Resilient <i>October & November</i>
	Working Together as a Team (Relationship Skills)	Communicating Effectively with Each Other <i>February</i>
	Demonstrating Honesty & Integrity	Making Responsible Decisions for Ourselves & Our Community

	(Responsible Decision-Making)	<i>April</i>
	Using Technology Responsibly (Responsible Decision-Making)	Making Responsible Decisions for Ourselves & Our Community <i>April</i>
	Demonstrating Leadership Skills (Responsible Decision-Making)	Making Responsible Decisions for Ourselves & Our Community <i>April</i>
HE.912.R.3.3 Analyze situations and demonstrate strategies to engage in respectful debate. Clarification: Group projects, class discussions.	Discovering Commonalities (Social Awareness)	Building a Safe & Caring Learning Community <i>August</i>
	Taking Others' Perspectives (Social Awareness)	Caring for Each Other <i>December & January</i>
	Listening Attentively & Making Conversation (Relationship Skills)	Communicating Effectively with Each Other <i>February</i>
	Communicating Assertively (Relationship Skills)	Communicating Effectively with Each Other <i>February</i>
HE.912.R.4.1 Analyze the importance of character and grit to achieve successful outcomes.	Staying Focused & Motivated (Resiliency)	Being Resilient <i>October & November</i>
	Solving Problems for Ourselves (Resiliency)	Being Resilient <i>October & November</i>
	Knowing When & How to Ask for Help (Resiliency)	Being Resilient <i>October & November</i>
	Demonstrating Honesty & Integrity (Responsible Decision-Making)	Being Resilient <i>October & November</i>
HE.912.R.4.2 Generate and apply alternative solutions when solving problems or resolving conflicts.	Solving Problems for Ourselves (Resiliency)	Being Resilient <i>October & November</i>
	Understanding Problems & Conflicts (Responsible Decision-Making)	Resolving Conflicts & Repairing Relationships <i>March</i>
	Communicating About Problems (Responsible Decision-Making)	Resolving Conflicts & Repairing Relationships <i>March</i>
	Making Amends (Relationship Skills)	Resolving Conflicts & Repairing Relationships <i>March</i>
HE.912.R.4.3 Describe ways to anticipate, avoid, or de-escalate conflicts.	Working Together as a Team (Relationship Skills)	Communicating Effectively with Each Other <i>February</i>
	Communicating Assertively	Communicating Effectively with

	(Relationship Skills)	Each Other <i>February</i>
	Resisting Negative Peer Pressure (Relationship Skills)	Communicating Effectively with Each Other <i>February</i>
HE.912.R.4.4 Identify the importance of perseverance when facing difficulty solving a problem	Solving Problems for Ourselves (Resiliency)	Being Resilient <i>October & November</i>
	Having a Growth Mindset (Resiliency)	Being Resilient <i>October & November</i>
	Understanding Problems & Conflicts (Responsible Decision Making)	Resolving Conflicts & Repairing Relationships <i>March</i>
HE.912.SUA.3.2 Discuss valid, reliable school and community resources where an individual can seek help for issues related to alcohol and/or other drug misuse/abuse.	Knowing When & How to Ask for Help (Resiliency)	Being Resilient <i>October & November</i>
	Offering Help (Relationship Skills)	Caring for Each Other <i>December & January</i>
HE.912.SUA.4.1 Propose strategies that can reduce health risks for self and others for potential pressures at the college or career level.	Resisting Negative Peer Pressure (Relationship Skills)	Communicating Effectively with Each Other <i>February</i>
SS.912.P.19.7 Distinguish between effective and ineffective means of dealing with stressors and other health issues.	Connecting Feelings, Thoughts, & Actions (Self-Awareness & Self-Management)	Being Our Best Selves <i>September</i>
	Making Decisions to Improve Your Well-being (Responsible Decision-Making)	Being Our Best Selves <i>September</i>
	Solving Problems for Ourselves (Resiliency)	Being Resilient <i>October & November</i>