



## WHAT IS THE RELATIONSHIPS COMPETENCY?

Students with strong relationships build a powerful network of peers, adults, and mentors. They intentionally form healthy, balanced, and positive relationships with others.

## KEY TURBO TOOL: YOU AND ME CIRCLES

## STUDENT SUCCESS INDICATORS

✓ Handling conflict productively

✓ Feeling a sense of belonging at school

✓ Ensuring that relationships with others are balanced

✓ Extending invitations to others – asking others to “join in”

## RESEARCH SUMMARY

The research on student relationships highlights the importance of student belonging, strong teacher-student relationships, and positive and balanced student peer relationships. Students who feel accepted in their schools are more motivated, engaged, and committed to achieving their goals (Osterman, 2000).

In the absence of a sense of belonging, students may feel disconnected and may be more likely to act out or underperform academically (Blad, 2017; Mueller, 2001). Students must have strong and supportive relationships with their peers and teachers, in order to feel accepted (Hattie, 2009).

Creating a strong sense of balance in relationships requires students to have developed the SEL skills to handle conflict, engage in productive communication, and be able to understand and empathize with others. Teaching students how to have successful and balanced relationships allows them to solve conflicts through integrative and productive methods that can lead to benefits for both individual students -- e.g., an increased connection to schools and improved self-esteem-- and improvements within the school -- e.g., reduced disciplinary issues and suspensions (Johnson & Johnson, 1996).

## SUGGESTED BIBLIOGRAPHY

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