



AMERICAN
PSYCHOLOGICAL
ASSOCIATION

Civil Discourse Self-Assessment Tool for Students (Grades 3-5)

Use this self-evaluation is used to help you think about how you respond in situations, so you can decide what you did well and what you can do better next time. There are no “right” or “wrong” answers; this is your self-evaluation.

Definition: *Civil discourse is conversation about important but challenging issues that incorporates the values of*

- *Care, compassion, and kindness*
- *Listening: striving to understand how others think and feel*
- *Humility: being a good sport and team player*
- *Integrity: doing the right thing*
- *Mutual respect: I respect you, you respect me*

Instructions to Students: On each of the following pages, read each statement and think honestly about how often you use each skill.

Circle the words that best reflect your actions.

Before choosing your answer, look at the description of the option to understand what each choice means.

Option #1: I don't do this often.

Description: I rarely do this. It's something I don't usually think about or do.

Option #2: I do this sometimes.

Description: I do this occasionally, but not all the time. It depends on the situation.

Option #3: I almost always do this.

Description: I do this most of the time. It's something I think about and try to do regularly.

Care, Compassion, and Kindness

We show care, compassion, and kindness when we do something for the benefit (good) of someone else, without expecting anything in return. Here are some skills that reflect care, compassion, and kindness. How often do you show these skills to others?

Instructions: Read each statement and think honestly about how often you use each skill. Circle the words that are most like how you are likely to behave in these situations. There are no “right” or “wrong” answers; this is your self-evaluation.

1. I look for ways to help and work with others.

I don't do this often

I do this sometimes

I almost always do this

2. When someone is upset, scared, or angry, I consider how I would feel if it were me feeling that way.

I don't do this often

I do this sometimes

I almost always do this

3. If I see someone left out of a game or activity, I invite them to join in.

I don't do this often

I do this sometimes

I almost always do this

4. I make sure other people's ideas are heard.

I don't do this often

I do this sometimes

I almost always do this

5. I stop someone who is being mean or saying hurtful things.

I don't do this often

I do this sometimes

I almost always do this

Listening: Understanding How Others Think and Feel

We listen to others to try to understand how they feel in situations we are in together. Here are some skills that show that a person is a good listener. How often do you show these skills?

Instructions: Read each statement and think honestly about how often you use each skill. Circle the words that are most like how you are likely to behave in these situations. There are no “right” or “wrong” answers; this is your self-evaluation.

1. I listen to other people and let them say what they think.

I don't do this often

I do this sometimes

I almost always do this

2. I talk to and work with people who are different from me.

I don't do this often

I do this sometimes

I almost always do this

3. When I disagree with a friend, I try to figure out if we disagree on facts or beliefs

I don't do this often

I do this sometimes

I almost always do this

4. I tell others that it's okay if we don't agree on everything.

I don't do this often

I do this sometimes

I almost always do this

Humility: Being a Good Sport and Team Player, Showing My Way Isn't the Only Way

Humility means being modest and not bragging about how great we are. It's about understanding that everyone has their own strengths and weaknesses. We show humility when we value the strengths, viewpoints, and wisdom of others. Here are some skills that reflect humility. How often do you show these skills to others?

Instructions: Read each statement and think honestly about how often you use each skill. Circle the words that are most like how you are likely to behave in these situations. There are no "right" or "wrong" answers; this is your self-evaluation.

- 1. I am aware of my biases when I am in agreement or disagreement with someone, Bias is a judgment based on a personal point of view, not the facts. (For example, you might have a bias to like people in your school more than people in other schools, or you might have a bias towards making friends with only people who look like you.)**

I don't do this often

I do this sometimes

I almost always do this

- 2. I keep talking with others I disagree with, even if it makes me uncomfortable.**

I don't do this often

I do this sometimes

I almost always do this

- 3. I know it's okay if I don't understand something because it's a chance to learn more. Not understanding something means I have an opportunity to grow, not that I'm not smart.**

I don't do this often

I do this sometime

I almost always do this

- 4. I know that everyone has ideas to share, and I need to listen to others, not just talk.**

I don't do this often

I do this sometimes

I almost always do this

Integrity: Doing the Right Thing

Integrity means being honest and doing the right thing, even when no one is watching. It's about keeping your promises and being fair. We show integrity when we are honest, true to our values, and show that we can be trusted. Here are some skills that reflect integrity. How often do you show these skills to others?

Instructions: Read each statement and think honestly about how often you use each skill. Circle the words that are most like how you are likely to behave in these situations. There are no "right" or "wrong" answers; this is your self-evaluation.

1. I am honest and tell the truth.

I don't do this often

I do this sometimes

I almost always do this

2. I use "I think" or "I feel" statements when I share my ideas. For example, if I make a mistake, I might say, "I feel bad that I forgot to return your book" or "I think I should tell the truth about what happened."

I don't do this often

I do this sometimes

I almost always do this

3. I give people credit for their ideas when I use their ideas instead of calling them my own. For example, if I work on a group project with my classmates, I tell my teacher how each of us helped instead of taking all the credit for myself.

I don't do this often

I do this sometimes

I almost always do this

4. I can be honest about what I have said or done, even when I'm not proud of it.

I don't do this often

I do this sometimes

I almost always do this

5. If I say or do something that offends someone, I apologize and try to fix it.

I don't do this often

I do this sometimes

I almost always do this

Mutual Respect: I Respect You, You Respect Me

Respect means treating others the way you want to be treated. It's about being kind to people, listening when someone is talking, and not being mean. Here are some skills that reflect mutual respect. How often do you show these skills to others?

Instructions: Read each statement and think honestly about how often you use each skill. Circle the words that are most like how you are likely to behave in these situations. There are no "right" or "wrong" answers; this is your self-evaluation.

1. I recognize and celebrate when people try their best and make progress.

I don't do this often

I do this sometimes

I almost always do this

2. In a discussion, I listen to understand other students' ideas and respond to what they say in a kind and respectful way.

I don't do this often

I do this sometimes

I almost always do this

3. I want others to do their best, and I recognize their accomplishments.

I don't do this often

I do this sometimes

I almost always do this

4. I treat others the way I want to be treated.

I don't do this often

I do this sometimes

I almost always do this