

Social Competencies Details

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For 3-5 Year Olds

[Planning and decision making](#)—The child begins to plan for the immediate future, choosing from among several options and trying to solve problems.

[Interpersonal skills](#)—The child cooperates, shares, plays harmoniously, and comforts others in distress.

[Cultural awareness and sensitivity](#)—The child begins to learn about her or his own cultural identity and to show acceptance of people who are racially, physically, culturally, or ethnically different from her or him.

[Resistance skills](#)—The child begins to sense danger accurately, to seek help from trusted adults, and to resist pressure from peers to participate in unacceptable or risky behavior.

[Peaceful conflict resolution](#)—The child begins to compromise and resolve conflicts without using physical aggression or hurtful language.



For 5-9 Year Olds

[Planning and Decision Making](#)—Parent(s) help child think through and plan school and play activities.

[Interpersonal Competence](#)—Child seeks to build friendships and is learning about self-control.

[Cultural Competence](#)—Child continues to learn about her or his own cultural identity and is encouraged to interact positively with children of different racial, ethnic, and cultural backgrounds.

[Resistance Skills](#)—Child is learning to recognize risky or dangerous situations and is able to seek help from trusted adults.

[Peaceful Conflict Resolution](#)—Child continues learning to resolve conflicts without hitting, throwing a tantrum, or using hurtful language.



For 8-12 Year Olds

Planning and decision making—Child thinks about decisions and is usually happy with results of her or his decisions.

Interpersonal Competence—Child cares about and is affected by other people’s feelings, enjoys making friends, and, when frustrated or angry, tries to calm her or himself.

Cultural Competence—Child knows and is comfortable with people of different racial, ethnic, and cultural backgrounds and with her or his own cultural identity.

Resistance skills—Child can stay away from people who are likely to get her or him in trouble and is able to say no to doing wrong or dangerous things.

Peaceful Conflict Resolution—Child seeks to resolve conflict nonviolently.



For 12-18 Year Olds

Planning and decision making—Young person knows how to plan ahead and make choices.

Interpersonal Competence—Young person has empathy, sensitivity, and friendship skills.

Cultural Competence—Young person has knowledge of and comfort with people of different cultural/racial/ethnic backgrounds.

Resistance skills—Young person can resist negative peer pressure and dangerous situations.

Peaceful conflict resolution—Young person seeks to resolve conflict nonviolently.