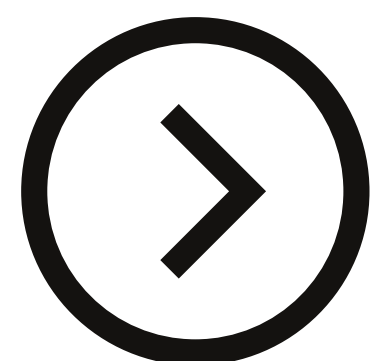
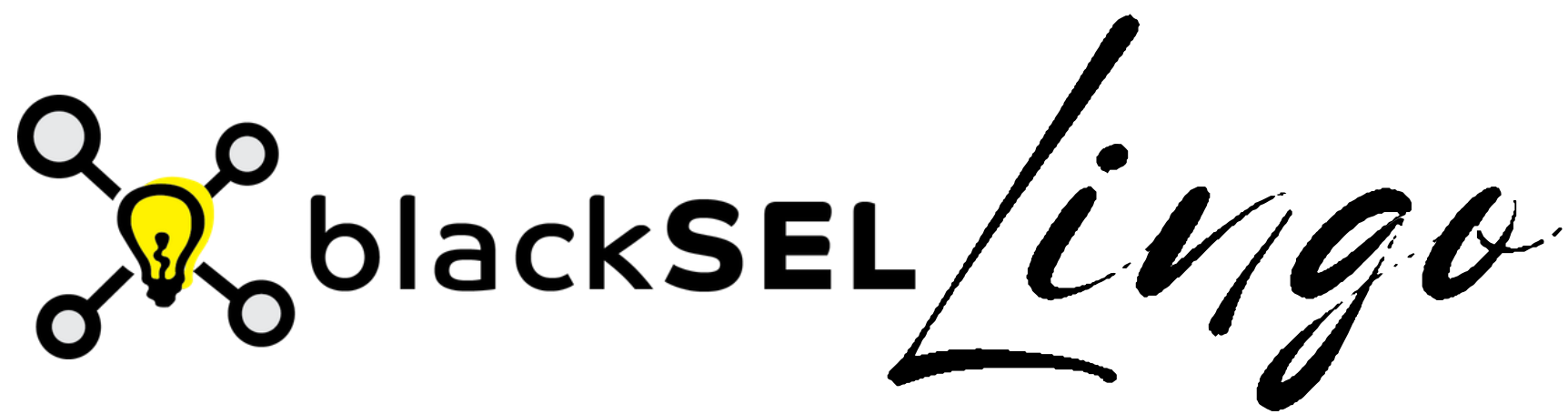


What's the *Lingo*?

Black SEL's Glossary of Terms and definitions that support our work (mission/purpose) and efforts towards **Social Emotional Liberation**.





<p>SOCIAL-EMOTIONAL LEARNING</p>	<p>The process of developing the skills to understand and manage emotions, build healthy relationships, make responsible decisions, and navigate life’s challenges with confidence and care.</p>
<p>BLACK SOCIAL-EMOTIONAL LIBERATION (NOUN)</p>	<p>The emotional and cultural freedom that emerges when Social-Emotional Learning is done through a Black-centered lens. It is the state of ReSELiience™ where Black people move confidently, consciously, and powerfully through the world. It is the outcome of a culturally grounded SEL process. It equips Black people with the emotional freedom, cultural pride, and personal agency to fully thrive.</p>
<p>RESELIENCE™ (NOUN)</p>	<p>The ability to overcome obstacles through social-emotional skills. It is the state where Black individuals can think, feel, lead, and make decisions without being limited by harmful socialization or systemic constraints. It is resilience expressed through the lens of social emotional liberation; living with clarity and moving with purpose rooted in emotional freedom.</p>
<p>LIBERATION (NOUN)</p>	<p>Liberation is the freedom to fully be who you are emotionally, culturally, and spiritually, without being limited by harmful socialization or oppressive systems.</p>
<p>CULTURALLY AFFIRMING (ADJ)</p>	<p>Recognizing, validating, and celebrating one’s cultural identity, heritage, practices, and values; seeing the value in the cultural identity of participants</p>
<p>CULTURALLY RESPONSIVE (ADJ)</p>	<p>Using the unique cultural identities, experiences, language, and backgrounds of a population as assets and tools to enhance their experience and learning; creating opportunities for learning and connection that consider the cultural experiences that a population brings into a space</p>

<p>CULTURALLY AFFIRMING (ADJ)</p>	<p>Recognizing, validating, and celebrating one’s cultural identity, heritage, practices, and values; and intentionally creating environments where people see themselves, their histories, and their ways of being honored rather than ignored or minimized.</p>
<p>CULTURALLY GROUNDING (ADJ)</p>	<p>The practice of anchoring learning, healing, and leadership in the lived experiences, histories, values, and cultural wisdom of a people. It affirms identity, honors ancestral knowledge, and treats culture as a source of strength, meaning, and emotional regulation rather than something to be erased, corrected, or marginalized.</p>
<p>CULTURALLY RESPONSIVE (ADJ)</p>	<p>Using the unique cultural identities, experiences, language, and backgrounds of a population as assets and tools to enhance their experience and learning; creating opportunities for learning and connection that consider the cultural experiences that a population brings into a space. Responding to culture in real time.</p>
<p>COLLECTIVE RESPONSIBILITY (ADJ)</p>	<p>The shared commitment of a community to care for one another, address harm together, and work toward collective well-being rather than individual success alone. It recognizes that progress, healing, and justice are not solo efforts but are built through relationships, accountability, and mutual support.</p>
<p>INVISIBLE BACKPACK</p>	<p>The emotional weight, internalized messages, and lived experiences that individuals carry every day, often unseen, unspoken, and unacknowledged by others. This backpack may include stress, grief, vigilance, pressure, hope, resilience, and the emotional labor required to navigate systems, relationships, and identities shaped by race, history, and socialization.</p>
<p>POWERBUILDING</p>	<p>The intentional process of developing the emotional, relational, and collective capacity to name one’s truth, understand systems, and take action that creates change. It moves individuals and communities from survival to agency by strengthening confidence, critical consciousness, and collective responsibility so people can influence decisions, shift narratives, and shape the conditions of their lives.</p>
<p>#BLACKSELMOMENT</p>	<p>A reflective and intentional pause. A time to name, explore, and learn from everyday lived experiences that reveal social-emotional liberation in action. These moments center real-life situations where emotions, identity, culture, and power intersect, allowing individuals and communities to process feelings, affirm truth, and recognize growth, resistance, and healing as they unfold in real time.</p>

6 PILLARS

of the **Black SEL Framework**



BLACK SELF-CONCEPT

The self-perception and identity that Black individuals hold, shaped by their racial and cultural experiences. It encompasses the ways in which Black people view themselves, their abilities, their worth, and their roles within both the Black community and the broader society. This concept is influenced by a variety of factors including family, community, media, historical context, and personal experiences with systemic racism and discrimination. A strong Black self-concept is often linked to a sense of pride, resilience, and empowerment, reflecting an understanding and appreciation of one's heritage, culture, and individual potential.



LIVED CIVICS

Lived civics is a critically relevant approach to civic education that positions the lived experiences, identities, and sociopolitical realities of youth, particularly race and ethnicity at the center of curriculum and instruction. It moves beyond traditional, formulaic, and often, whitestream civic education to examine power, oppression, and active, youth engagement in their communities. (Loza, 2021).



CRITICAL CONSCIOUSNESS

The ability to critically analyze and understand the underlying power dynamics, social structures, and systemic injustices that shape society. It involves developing a deep awareness of one's own positionality within these systems and recognizing how they perpetuate oppression and inequality.

6 PILLARS

of the **Black SEL Framework**



INCLUSION OF COMMUNITY STAKEHOLDERS

The active and intentional involvement of individuals or groups who have a vested interest or are directly affected by a particular issue, project, or decision-making process within a community. This concept emphasizes the importance of engaging diverse voices, perspectives, and expertise to ensure that all relevant stakeholders have a seat at the table and contribute to the planning, implementation, and evaluation of initiatives that impact them.



SOCIAL RESPONSIBILITY

The ethical obligation of individuals, organizations, and institutions to act in ways that benefit society at large, beyond their own interests or profit motives. It encompasses a broad range of behaviors, policies, and initiatives aimed at promoting positive social, environmental, and economic outcomes.

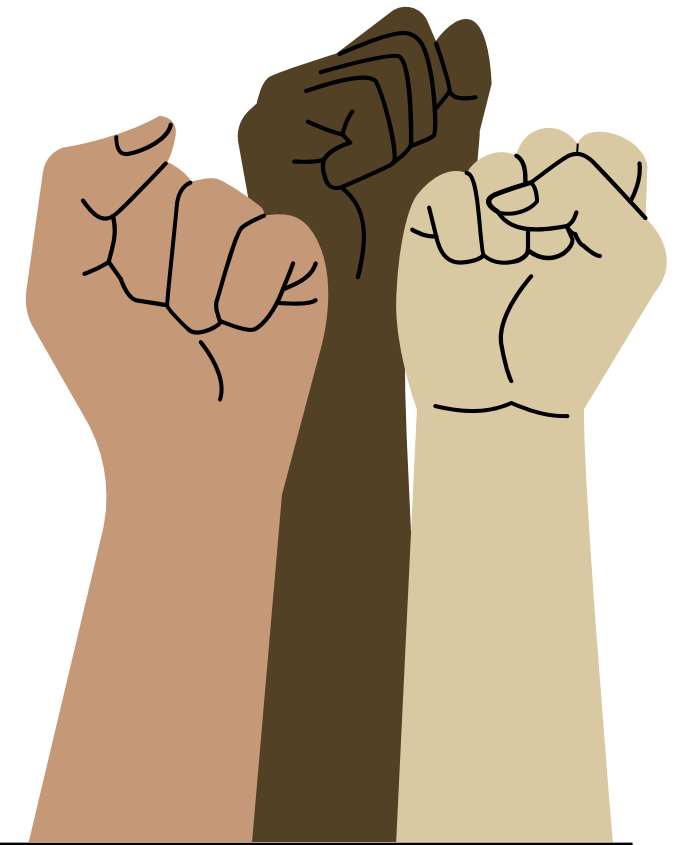





CIVIC ENGAGEMENT

The active participation of individuals in their communities to address social, political, and public issues. It involves efforts to influence decision-making processes, promote positive change, and improve the well-being of society through activities like voting, volunteering, community organizing, advocacy, and public service. Civic engagement empowers people to take responsibility for their communities and contribute to the common good.

3 ELEMENTS

of the **Black SEL Framework**



 <p>POWER</p>	<p>Emphasizes culturally affirming practices that honor Black identity, history, and lived experiences. It strives to equip Black students and professionals with the tools to navigate systemic challenges while fostering emotional intelligence, self-awareness, and community-centered leadership.</p>
 <p>INDIVIDUAL ACTION</p>	<p>The intentional steps that individuals take to integrate Social Emotional Learning (SEL) into their personal lives, with a focus on fostering the well-being, growth, and empowerment of Black people. It involves a commitment to self-awareness, self-management, and resilience, ultimately working towards collective action.</p>
 <p>SUSTAINABILITY</p>	<p>Creating long-term, systemic change that ensures Social Emotional Learning (SEL) is continuously relevant, accessible, and impactful for Black individuals and communities. It's about building lasting structures that support the emotional well-being, cultural affirmation, and empowerment of Black students, educators, and leaders for generations.</p>