Is the awareness, understanding, and appreciation of all the facets that contribute to a healthy sense of oneself. It includes awareness and understanding of one’s family background, heritage(s), language(s), beliefs, and perspectives in a pluralistic society. Students who have a positive personal and cultural identity value their personal and cultural narratives, and understand how these shape their identity. Supported by a sense of self-worth, self-awareness, and positive identity, students become confident individuals who take satisfaction in who they are, and what they can do to contribute to their own well-being and to the well-being of their family, community, and society.

1. Relationships and cultural contexts
Sample “I” Statements
• I can describe my family and community.
• I am able to identify the different groups that I belong to.
• I understand that my identity is made up of many interconnected aspects (such as life experiences, family history, heritage, peer groups).
• I understand that learning is continuous and my concept of self and identity will continue to evolve.

2. Personal values and choice.
Sample “I” Statements
• I can tell what is important to me.
• I can explain what my values are and how they affect choices I make.
• I can tell how some important aspects of my life have influenced my values.
• I understand how my values shape my choices.

3. Personal strengths and abilities.
Sample “I” Statements
• I can identify my individual characteristics.
• I can describe/express my attributes, characteristics, and skills.
• I can reflect on my strengths and identify my potential as a leader in my community.
• I understand I will continue to develop new abilities and strengths to help me meet new challenges.

The profiles emphasize the concept of growing and expanding. They are progressive and additive.