

Scope and Sequence: Grade 6

EMPATHY AND COMMUNICATION

Lesson Themes

Objectives—Students Will Be Able To

LESSON 1: Working in Groups

- Identify behaviors involved in listening and respecting others' ideas
- Apply group communication skills
- Define *empathy*
- Apply empathy skills while identifying feelings

LESSON 2: Friends and Allies

- Apply empathy skills
- Apply active listening skills
- Identify ways to make friends and join groups
- Define the term *ally* and identify when and how to be one

LESSON 3: Considering Perspectives

- Understand that people's perspectives are based on their feelings, experiences, and needs or wants
- Recognize the value in being able to consider another's perspective
- Apply perspective-taking skills

LESSON 4: Disagreeing Respectfully

- Apply perspective-taking skills
- Distinguish between disrespectful and respectful disagreement
- Identify and apply effective communication skills
- Apply skills to give constructive feedback

LESSON 5: Being Assertive

- Distinguish differences between passive, assertive, and aggressive communication styles
- Identify and assume the physical and verbal characteristics of assertive communication
- Apply assertive communication skills

BULLYING PREVENTION

LESSON 6: Recognizing Bullying

- Recognize and define *bullying*
- Understand how bullying can affect them and their peers
- Empathize with individuals who are bullied
- Understand what they can do if they or someone they know is bullied

LESSON 7: Bystanders

- Recognize and define the role of a bystander in bullying
- Understand how a bystander can be a part of the problem or part of the solution
- Apply empathic concern and perspective taking
- Identify ways to be part of the solution to bullying

Scope and Sequence: Grade 6

	Lesson Themes	Objectives—Students Will Be Able To
EMOTION MANAGEMENT	LESSON 8: Emotions—Brain and Body	<p>Understand what happens to their brains and bodies when they experience strong emotions</p> <p>Identify the first three Steps for Staying in Control</p> <p>Understand why using self-talk is a key to managing emotions</p> <p>Apply self-talk strategies</p>
	LESSON 9: Calming-Down Strategies	<p>Apply centered breathing techniques correctly</p> <p>Recognize self-talk that intensifies or calms down strong feelings</p> <p>Use self-talk to manage emotions</p> <p>Identify calming-down strategies that work best for them</p>
PROBLEM SOLVING	LESSON 10: Using the Action Steps	<p>Analyze a problem by stating what the problem is and identifying the perspectives of those involved</p> <p>Generate multiple options for solving a problem</p> <p>Understand how to consider each option and decide on the best one</p> <p>Apply the first four Action Steps</p>
	LESSON 11: Making a Plan	<p>Generate a plan for carrying out an option</p> <p>Apply the Action Steps</p> <p>Understand how to make amends</p>
SUBSTANCE ABUSE PREVENTION	LESSON 12: Tobacco and Marijuana	<p>Define <i>addiction</i> and understand its dangers</p> <p>Identify the personal, health, and social consequences of using tobacco and marijuana</p> <p>Identify consequences that they consider their personal best reasons for not using tobacco and marijuana</p>
	LESSON 13: Alcohol and Inhalants	<p>Identify the personal, health, and social consequences of using alcohol and inhalants</p> <p>Identify consequences that they consider their personal best reasons for not using alcohol or inhalants</p>
	LESSON 14: Identifying Hopes and Plans	<p>Identify their hopes and plans for the future</p> <p>Identify the ways that using alcohol, tobacco, marijuana, and inhalants can interfere with their hopes and plans for the future</p> <p>Identify how people who care about their future would be affected if they knew they were using alcohol or other drugs</p>
	LESSON 15: Making a Commitment	<p>Generate individual commitments to stay free from alcohol and other drugs</p> <p>Identify skills to help maintain their commitments</p> <p>Review and apply Stepping Up skills to certain situations</p>

Scope and Sequence: Grade 7

EMPATHY AND COMMUNICATION

Lesson Themes

Objectives—Students Will Be Able To

LESSON 1: Working in Groups

Understand the relevance of the Stepping In program to their lives
 Identify skills that contribute to successful group work
 Apply communication skills
 Define *empathy* and apply empathy skills

LESSON 2: Disagreeing Respectfully

Distinguish between disrespectful and respectful disagreement
 Apply perspective-taking skills
 Apply skills for communicating their own perspective effectively
 Apply skills for giving constructive feedback

LESSON 3: Negotiating and Compromising

Identify how to solve a problem using the Action Steps
 Identify a problem from the perspectives of those involved
 Generate solutions to scenarios using strategies of negotiation and compromise (win-win strategies)
 Apply the Action Steps to problem solving in given scenarios

LESSON 4: Giving and Getting Support

Apply empathy skills
 Understand when and how to give support by being an ally
 Identify when and how to go to an adult for help and when to encourage friends to seek help from an adult
 Apply assertive communication skills

BULLYING PREVENTION

LESSON 5: Responding to Bullying

Recognize and define *bullying* and *bystander* behaviors
 Empathize with people who are bullied
 Identify strategies to deal with bullying and help others who are bullied
 Understand how a bystander can be part of the problem or part of the solution

LESSON 6: Cyber Bullying

Recognize that technology is sometimes used for bullying
 Understand ways they can be “part of the solution” to cyber bullying
 Understand strategies for dealing with cyber bullying

LESSON 7: Sexual Harassment

Recognize and define *sexual harassment*
 Differentiate between flirting or joking and sexual harassment
 Apply assertiveness skills to refuse sexual harassment
 Understand their school’s sexual harassment policy and legal implications

Scope and Sequence: Grade 7

	Lesson Themes	Objectives—Students Will Be Able To
<p>EMOTION MANAGEMENT</p>	<p>LESSON 8: Understanding Anger</p>	<p>Understand that out-of-control anger can result in destructive outcomes</p> <p>Understand what happens to their brains and bodies when they experience strong emotions</p> <p>Recognize the physical and mental signs that lead to strong emotions</p> <p>Identify and apply strategies for staying in control of their emotions</p>
	<p>LESSON 9: Staying in Control</p>	<p>Understand why it is important to check their assumptions</p> <p>Understand and apply calming-down strategies</p> <p>Apply the Think Twice Step for checking assumptions</p> <p>Apply the Steps for Staying in Control for managing emotions</p>
	<p>LESSON 10: Coping with Stress</p>	<p>Understand that coping means consciously doing something positive to handle stress</p> <p>Understand that avoiding dealing with stress can make feelings worse</p> <p>Understand how positive self-talk can change your attitude</p> <p>Identify coping strategies (calming down, getting support, taking action)</p>
<p>SUBSTANCE ABUSE PREVENTION</p>	<p>LESSON 11: Myths and Facts</p>	<p>Identify basic facts about how their brains and bodies are affected by substance abuse</p> <p>Identify how substance abuse can negatively affect their lives</p> <p>Distinguish myths from facts about substances and substance abuse</p>
	<p>LESSON 12: Norms and Attitudes</p>	<p>Recognize that the majority of people their age do not use substances</p> <p>Clarify their attitudes about alcohol and other drug abuse</p> <p>Generate a personal commitment not to use alcohol and other drugs for the next year</p>
	<p>LESSON 13: Making Good Decisions</p>	<p>Apply the Action Steps to making decisions about avoiding substance abuse</p> <p>Understand how friends can support each other to remain substance-free</p>

Scope and Sequence: Grade 8

	Lesson Themes	Objectives—Students Will Be Able To
EMPATHY AND COMMUNICATION	LESSON 1: Working in Groups	Identify skills, behaviors, and attitudes that contribute to successful group work Apply communication and group-work skills Define <i>empathy</i>
	LESSON 2: Leaders and Allies	Understand the importance of being a positive leader Identify actions that will inspire younger students Apply empathy skills Define <i>ally</i> and identify how to be one
	LESSON 3: Handling a Grievance	Identify skills for effectively communicating about a grievance with someone Apply perspective taking to handling a grievance Apply assertiveness skills to communicating about a grievance Apply constructive feedback skills
	LESSON 4: Negotiating and Compromising	Solve a problem using the Action Steps Identify a problem from the perspectives of those involved Generate solutions using strategies of negotiation and compromise (win-win strategies) Apply the Action Steps to problem solving
BULLYING PREVENTION	LESSON 5: Bullying in Friendships	Recognize and identify bullying within social or friendship groups Understand what they can do about bullying within relationships Understand how a bystander can be part of the problem or part of the solution Apply empathic concern and perspective taking
	LESSON 6: Labels, Stereotypes, and Prejudice	Recognize that labels, stereotypes, and prejudice can contribute or lead to bullying or unfair treatment of others Recognize that all people are individuals beyond a label or stereotype Understand that increased empathy can reduce the negative effects of labeling, stereotypes, and prejudice Identify and practice empathic skills
	LESSON 7: Bullying in Dating Relationships	Recognize and identify bullying within dating relationships Understand what they can do about bullying within dating relationships Identify strategies to assess risk and safely avoid bullying in dating relationships

Scope and Sequence: Grade 8

	Lesson Themes	Objectives—Students Will Be Able To
EMOTION MANAGEMENT	LESSON 8: De-Escalating a Tense Situation	<p>Understand what happens to their brains and bodies when they experience strong emotions</p> <p>Identify personal strategies to “pause” and calm down</p> <p>Understand how self-talk can lead to escalation or de-escalation of anger, aggression, and conflict</p> <p>Understand how spectators’ responses can lead to escalation</p>
	LESSON 9: Coping with Stress	<p>Identify their individual style of dealing with stress</p> <p>Understand that avoiding dealing with stress can make feelings worse</p> <p>Understand that coping means consciously doing something positive to handle stress</p> <p>Identify steps and strategies for coping with stress</p>
GOAL SETTING	LESSON 10: Making Your Plan	<p>Define a goal</p> <p>Understand the process and benefits of setting goals</p> <p>Apply the Action Steps to goal setting</p> <p>Identify a group goal and the steps to reach it</p>
	LESSON 11: Evaluating Your Plan	<p>Evaluate goal-setting strategies used by themselves and others</p> <p>Understand the motivational power of goals</p> <p>Apply the Action Steps to their individual goals</p> <p>Understand the importance of small steps and learning from failure</p>
SUBSTANCE ABUSE PREVENTION	LESSON 12: Identifying Future Goals	<p>Explain how using alcohol and other drugs can interfere with goals, hopes, and plans</p> <p>Understand how positive self-talk can help them avoid using substances, such as alcohol and other drugs</p> <p>Apply positive self-talk skills to drug and alcohol resistance strategies</p>
	LESSON 13: Keeping Your Commitment	<p>Generate assertive statements to counter thoughts or beliefs that interfere with making a decision not to use alcohol and other drugs</p> <p>Generate a one-year commitment to stay free of alcohol and other drugs</p> <p>Identify skills that will help them maintain their commitments</p>