

Scope and Sequence: Grade 8

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

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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>