

Scope and Sequence: Grade 7

	Lesson Themes	Objectives—Students Will Be Able To
EMPATHY AND COMMUNICATION	LESSON 1: Working in Groups	<p>Understand the relevance of the Stepping In program to their lives</p> <p>Identify skills that contribute to successful group work</p> <p>Apply communication skills</p> <p>Define <i>empathy</i> and apply empathy skills</p>
	LESSON 2: Disagreeing Respectfully	<p>Distinguish between disrespectful and respectful disagreement</p> <p>Apply perspective-taking skills</p> <p>Apply skills for communicating their own perspective effectively</p> <p>Apply skills for giving constructive feedback</p>
	LESSON 3: Negotiating and Compromising	<p>Identify how to solve a problem using the Action Steps</p> <p>Identify a problem from the perspectives of those involved</p> <p>Generate solutions to scenarios using strategies of negotiation and compromise (win-win strategies)</p> <p>Apply the Action Steps to problem solving in given scenarios</p>
	LESSON 4: Giving and Getting Support	<p>Apply empathy skills</p> <p>Understand when and how to give support by being an ally</p> <p>Identify when and how to go to an adult for help and when to encourage friends to seek help from an adult</p> <p>Apply assertive communication skills</p>
BULLYING PREVENTION	LESSON 5: Responding to Bullying	<p>Recognize and define <i>bullying</i> and <i>bystander</i> behaviors</p> <p>Empathize with people who are bullied</p> <p>Identify strategies to deal with bullying and help others who are bullied</p> <p>Understand how a bystander can be part of the problem or part of the solution</p>
	LESSON 6: Cyber Bullying	<p>Recognize that technology is sometimes used for bullying</p> <p>Understand ways they can be “part of the solution” to cyber bullying</p> <p>Understand strategies for dealing with cyber bullying</p>
	LESSON 7: Sexual Harassment	<p>Recognize and define <i>sexual harassment</i></p> <p>Differentiate between flirting or joking and sexual harassment</p> <p>Apply assertiveness skills to refuse sexual harassment</p> <p>Understand their school’s sexual harassment policy and legal implications</p>

Scope and Sequence: Grade 7

	Lesson Themes	Objectives—Students Will Be Able To
EMOTION MANAGEMENT	LESSON 8: Understanding Anger	<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>
	LESSON 9: Staying in Control	<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>
	LESSON 10: Coping with Stress	<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>
SUBSTANCE ABUSE PREVENTION	LESSON 11: Myths and Facts	<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>
	LESSON 12: Norms and Attitudes	<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>
	LESSON 13: Making Good Decisions	<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>