

Scope and Sequence: Grade 6

	Lesson Themes	Objectives—Students Will Be Able To
EMPATHY AND COMMUNICATION	LESSON 1: Working in Groups	Identify behaviors involved in listening and respecting others' ideas Apply group communication skills Define <i>empathy</i> 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 <i>ally</i> 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 <i>bullying</i> 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

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	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

	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>

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	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>

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>

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>