



SCOPE AND SEQUENCE

2017 Middle School Program

Grade 6

Unit 1: Mindsets and Goals Students learn how to develop a growth mindset and apply it to their social and academic lives. They also learn about If-Then Plans, a research-based strategy for achieving goals.

Table with 3 columns: LESSON TITLE, OBJECTIVES, THEMES. Rows include Lesson 1 (Welcome!), Lesson 2A\* (Starting Middle School), Lesson 2B\* (Helping New Students), Lesson 3 (Grow Your Brain 1), Lesson 4 (Grow Your Brain 2), and Lesson 5 (Can Personalities Change?).

\*For Grades 6 and 7, there are two options for the second lesson. If your students are starting a new school, teach Lesson 2A. If your students are returning to middle school, teach Lesson 2B.

## Grade 6

### Unit 1: Mindsets and Goals (cont.)

LESSON TITLE	OBJECTIVES	THEMES
<b>Lesson 6</b> Setting Goals	Practice breaking down big goals into small, simple steps Create an If-Then Plan for taking a small, simple step	Decision Making Planning Ahead
<b>Lesson 7</b> If-Then Plans	Recognize the key parts of an If-Then Plan Use an If-Then Plan to prepare for a difficult or important situation	Planning Ahead Resilience

#### Unit 1 Review and Assessment (Optional)

## Grade 6

### Unit 2: Values and Friendships Students learn how to use their values to help them make good decisions and build strong friendships.

LESSON TITLE	OBJECTIVES	THEMES
<b>Lesson 8</b> Values and Decisions	Identify core personal values Analyze the connection between values and decisions	Decision Making Values
<b>Lesson 9</b> Social Values	Explore how personal values help people get along Create a values-based plan for how to help make school a more positive place	Helping Others Planning Ahead Relationships Values
<b>Lesson 10</b> What's a Friend?	Explore the values you want your friends to have	Relationships Values
<b>Lesson 11</b> Making Friends	Identify different ways to make friends Create a plan for making a new friend	Decision Making Relationships
<b>Lesson 12</b> Challenge: Making Friends	Use friend-making strategies in response to a scenario	Perspective Taking Relationships

#### Unit 2 Review and Assessment (Optional)

## Grade 6

### Unit 3: Thoughts, Emotions, and Decisions

Students learn about the relationship between thoughts, emotions, and decisions. They also learn strategies for calming down and staying in control when experiencing strong emotions.

LESSON TITLE	OBJECTIVES	THEMES
<b>Lesson 13</b> What Are Emotions?	Analyze how emotions affect decision making	Decision Making Thoughts and Emotions
<b>Lesson 14</b> Values and Emotions	Practice using values to help make good decisions when you're upset	Decision Making Thoughts and Emotions Values
<b>Lesson 15</b> Spot the Thought	Recognize the difference between thoughts and emotions Identify unhelpful thoughts and their effect on decision making	Decision Making Resilience Thoughts and Emotions
<b>Lesson 16</b> Calming Down	Identify common calming-down strategies Create a plan for using calming-down strategies when angry or upset	Conflicts Staying Calm Thoughts and Emotions
<b>Lesson 17</b> Slow Breathing	Practice slow breathing Make a plan for using slow breathing to stay calm	Planning Ahead Staying Calm
<b>Unit 3 Review and Assessment</b> (Optional)		

## Grade 6

**Unit 4: Serious Peer Conflicts** Students learn how to identify, avoid, and resolve serious conflicts and help prevent bullying and harassment.

LESSON TITLE	OBJECTIVES	THEMES
<b>Lesson 18</b> Perspectives	Recognize that other people may have different perspectives Analyze how identifying others' perspectives can help prevent conflicts	Conflicts Perspective Taking
<b>Lesson 19</b> Challenge: Perspectives	Analyze the effect perspective taking can have on a difficult situation	Conflicts Decision Making Perspective Taking Planning Ahead
<b>Lesson 20</b> Recognizing Serious Conflicts	Recognize the difference between minor and serious conflicts Identify ways to avoid serious conflicts	Conflicts Decision Making
<b>Lesson 21</b> Challenge: Recognizing Conflicts	Recognize serious conflicts Identify ways to avoid serious conflicts	Conflicts Decision Making Planning Ahead
<b>Lesson 22</b> Resolving Serious Conflicts	Identify roadblocks that can make resolving serious conflicts difficult Explore strategies for overcoming roadblocks	Conflicts Decision Making
<b>Lesson 23</b> Challenge: Resolving Conflicts	Identify roadblocks that can make resolving serious conflicts difficult Explore strategies for overcoming roadblocks	Conflicts Planning Ahead
<b>Lesson 24</b> Making Amends	Recognize the difference between apologizing and making amends Identify different strategies for making amends	Conflicts Relationships

## Grade 6

### Unit 4: Serious Peer Conflicts (cont.)

LESSON TITLE	OBJECTIVES	THEMES
<b>Lesson 25</b> Bullying	Identify ways to help someone who is being bullied	Bullying and Harassment Helping Others
<b>Lesson 26</b> Gratitude	Explore ways to express gratitude	Relationships

#### Unit 4 Review and Assessment (Optional)

## Grade 7

**Unit 1: Mindsets and Goals** Students learn how to develop a growth mindset and apply it to their social and academic lives. They also learn about If-Then Plans, a research-based strategy for achieving goals.

LESSON TITLE	OBJECTIVES	THEMES
<b>Lesson 1</b> Welcome!	Recognize how your brain is changing during adolescence Identify Second Step topics that are important to you	Starting Right
<b>Lesson 2A*</b> Starting Middle School	Identify challenges many students face starting middle school Identify people you can go to for help with these challenges	Resilience Starting Right
<b>Lesson 2B*</b> Helping New Students	Describe why students may not feel like they belong when starting middle school Identify ways you can help new students feel welcome and comfortable at school	Helping Others Starting Right
<b>Lesson 3</b> Making Mistakes	Identify how making mistakes can help you get smarter	Academic Success Growth Mindset
<b>Lesson 4</b> Embracing Challenges	Identify how making mistakes when trying something challenging can be positive	Academic Success Growth Mindset

\*For Grades 6 and 7, there are two options for the second lesson. If your students are starting a new school, teach Lesson 2A. If your students are returning to middle school, teach Lesson 2B.

## Grade 7

### Unit 1: Mindsets and Goals (cont.)

LESSON TITLE	OBJECTIVES	THEMES
<b>Lesson 5</b> Personalities Change	Recognize that personalities can change Explore what this means for how you think about people you don't get along with	Growth Mindset Resilience
<b>Lesson 6</b> Setting Goals	Practice breaking down big goals into small, simple steps Create an If-Then Plan for taking a small, simple step	Decision Making Planning Ahead
<b>Lesson 7</b> If-Then Plans	Recognize the key parts of an If-Then Plan Use an If-Then Plan to prepare for a difficult or important situation	Planning Ahead Resilience

**Unit 1 Review and Assessment** (Optional)

## Grade 7

### Unit 2: Values and Friendships Students learn how to use their values to help them make good decisions and build strong friendships.

LESSON TITLE	OBJECTIVES	THEMES
<b>Lesson 8</b> Values and Decisions	Identify core personal values Analyze the connection between values and decisions	Decision Making Values
<b>Lesson 9</b> Online Values	Identify values that contribute to a positive online world Create a values-based plan for how to help build a positive online world	Helping Others Planning Ahead Relationships Values
<b>Lesson 10</b> What Kind of Friend Are You?	Explore how your values help you be a good friend Analyze how your values affect your relationships with friends	Relationships Values

## Grade 7

### Unit 2: Values and Friendships (cont.)

LESSON TITLE	OBJECTIVES	THEMES
<b>Lesson 11</b> Strengthening Friendships	Identify strategies to strengthen friendships	Planning Ahead Relationships
<b>Lesson 12</b> Challenge: Friendships	Identify challenges to friendships in response to scenarios Explore ways to strengthen friendships in response to scenarios	Planning Ahead Relationships

#### Unit 2 Review and Assessment (Optional)

## Grade 7

### Unit 3: Thoughts, Emotions, and Decisions

Students learn about the relationship between thoughts, emotions, and decisions. They also learn strategies for calming down and staying in control when experiencing strong emotions.

LESSON TITLE	OBJECTIVES	THEMES
<b>Lesson 13</b> The Role of Emotions	Identify why adolescents' emotions are especially intense Analyze how emotions affect decision making	Decision Making Thoughts and Emotions
<b>Lesson 14</b> Handling Emotions	Recognize that emotions don't have to control decision making Identify how remembering your values can help you make good decisions	Decision Making Thoughts and Emotions Values
<b>Lesson 15</b> Unhelpful Thoughts	Identify unhelpful thoughts and their effect on decision making Explain how thoughts, emotions, and decisions are connected	Decision Making Resilience Thoughts and Emotions
<b>Lesson 16</b> Be Calm	Identify common calming-down strategies Explain why calming-down strategies are effective	Conflicts Staying Calm Thoughts and Emotions

## Grade 7

### Unit 3: Thoughts, Emotions, and Decisions (cont.)

LESSON TITLE	OBJECTIVES	THEMES
<b>Lesson 17</b> Frustration	Recognize common sources of frustration Create a plan for handling frustrating situations	Planning Ahead Resilience Staying Calm
<b>Unit 3 Review and Assessment</b> (Optional)		

## Grade 7

### Unit 4: Serious Peer Conflicts

Students learn how to identify, avoid, and resolve serious conflicts and help prevent bullying and harassment.

LESSON TITLE	OBJECTIVES	THEMES
<b>Lesson 18</b> Jumping to Conclusions	Recognize that other people may have different perspectives Analyze how identifying others' perspectives can help prevent conflicts	Conflicts Perspective Taking
<b>Lesson 19</b> Challenge: Conclusions	Analyze the issues that come from jumping to conclusions	Conflicts Decision Making Perspective Taking
<b>Lesson 20</b> Avoiding Serious Conflicts	Recognize the difference between minor and serious conflicts Identify ways to avoid serious conflicts	Conflicts Decision Making
<b>Lesson 21</b> Challenge: Avoiding Conflicts	Recognize serious conflicts Identify ways to avoid serious conflicts	Conflicts Decision Making Planning Ahead
<b>Lesson 22</b> Resolving Serious Conflicts	Identify roadblocks that can make resolving serious conflicts difficult Explore strategies for overcoming roadblocks	Conflicts Decision Making
<b>Lesson 23</b> Challenge: Resolving Conflicts	Identify roadblocks that can make resolving serious conflicts difficult Explore strategies for overcoming roadblocks	Conflicts Planning Ahead



## Grade 7

### Unit 4: Serious Peer Conflicts (cont.)

LESSON TITLE	OBJECTIVES	THEMES
<b>Lesson 24</b> Taking Responsibility	Explore what it means to take responsibility for something Identify reasons to take responsibility for your decisions	Conflicts Values
<b>Lesson 25</b> Gender Harassment	Identify ways to help stop gender harassment	Bullying and Harassment Helping Others
<b>Lesson 26</b> What You Learned	Review key skills and concepts taught in the Second Step Program	Planning Ahead

### Unit 4 Review and Assessment (Optional)

## Grade 8

### Unit 1: Mindsets and Goals

Students learn how to develop a growth mindset and apply it to their social and academic lives. They also learn about If-Then Plans, a research-based strategy for achieving goals.

LESSON TITLE	OBJECTIVES	THEMES
<b>Lesson 1</b> Welcome!	Learn how Second Step strategies can help you cope with changes during adolescence Set classroom norms for Second Step lessons	Starting Right
<b>Lesson 2</b> Your Identity	Recognize that identity is complex and shaped by many factors Learn what aspects, both internal and external, make up your identity	Growth Mindset
<b>Lesson 3</b> Identity and Social Groups	Recognize that identity can be influenced by others and that it's common to "switch" identities to fit in Understand that you don't have to take on an identity you don't like because of peer pressure	Growth Mindset Resilience
<b>Lesson 4</b> Your Interests Matter	Identify how you can use your interests and strengths to make a difference in the world	Growth Mindset Resilience

## Grade 8

### Unit 1: Mindsets and Goals (cont.)

LESSON TITLE	OBJECTIVES	THEMES
<b>Lesson 5</b> Overcoming Failure	Understand that mistakes and failure are difficult, but they can be overcome Identify techniques you can try after you fail or make a mistake	Academic Success Growth Mindset
<b>Lesson 6</b> SMART Goals	Practice transforming wishes into SMART goals	Decision Making Planning Ahead
<b>Lesson 7</b> If-Then Plans	Recognize the key parts of an If-Then Plan Use an If-Then Plan to prepare for a difficult or important situation	Planning Ahead Resilience
<b>Unit 1 Review and Assessment</b> (Optional)		

## Grade 8

### Unit 2: Values and Relationships Students learn how to use their values to help them make good decisions, build strong relationships, and avoid negative relationships.

LESSON TITLE	OBJECTIVES	THEMES
<b>Lesson 8</b> Values and Decisions	Identify core personal values Analyze the connection between values and decisions	Decision Making Planning Ahead Values
<b>Lesson 9</b> Positive Relationships	Identify features of positive relationships Learn how connecting with people who share common interests can help you make friends	Decision Making Planning Ahead Relationships
<b>Lesson 10</b> Relationships Change	Identify ways to cope when friendships change or end	Relationships
<b>Lesson 11</b> Negative Relationships	Identify signs of negative relationships	Planning Ahead Relationships
<b>Lesson 12</b> Challenge: Relationships	Practice identifying what makes a relationship positive or negative Recognize signs of negative relationships	Relationships Values
<b>Unit 2 Review and Assessment</b> (Optional)		

## Grade 8

**Unit 3: Thoughts, Emotions, and Decisions** Students learn about the relationship between thoughts, emotions, and decisions. They also learn strategies for calming down and staying in control when experiencing strong emotions.

LESSON TITLE	OBJECTIVES	THEMES
<b>Lesson 13</b> Emotions and Decisions	Analyze how emotions affect decision making	Decision Making Thoughts and Emotions
<b>Lesson 14</b> Responding to Anger	Practice using values to help make good decisions when you're upset	Decision Making Thoughts and Emotions Values
<b>Lesson 15</b> Handling Rejection	Recognize unhelpful thoughts and their effect on decision making  Identify ways to react if unhelpful thoughts get stuck in your head	Decision Making Resilience Thoughts and Emotions
<b>Lesson 16</b> Stay Calm	Identify common calming-down strategies Explain why calming-down strategies are effective	Conflicts Staying Calm Thoughts and Emotions
<b>Lesson 17</b> Anxiety	Identify common sources of anxiety Create a plan for handling anxiety	Planning Ahead Resilience Staying Calm
<b>Unit 3 Review and Assessment</b> (Optional)		

## Grade 8

**Unit 4: Serious Peer Conflicts** Students learn how to identify, avoid, and resolve serious conflicts and help prevent bullying and harassment.

LESSON TITLE	OBJECTIVES	THEMES
<b>Lesson 18</b> Assumptions	Recognize the potential consequences of making assumptions  Analyze a scenario and think of multiple assumptions in response to it	Conflicts Perspective Taking Relationships

## Grade 8

### Unit 4: Serious Peer Conflicts (cont.)

LESSON TITLE	OBJECTIVES	THEMES
<b>Lesson 19</b> Challenge: Assumptions	Analyze how assumptions influence decision making	Conflicts Decision Making Perspective Taking
<b>Lesson 20</b> Helping Friends Avoid Conflicts	Recognize the difference between minor and serious conflicts Identify ways to help friends avoid serious conflicts	Conflicts Decision Making Helping Others
<b>Lesson 21</b> Challenge: Avoiding Conflicts	Recognize serious conflicts Identify ways to help friends avoid serious conflicts	Conflicts Decision Making Helping Others
<b>Lesson 22</b> Helping Friends Resolve Conflicts	Identify reasons why conflicts may be hard to resolve Explore strategies for helping friends resolve conflicts	Conflicts Decision Making Helping Others
<b>Lesson 23</b> Challenge: Resolving Conflicts	Explore strategies for helping friends handle serious conflicts	Conflicts Helping Others Planning Ahead
<b>Lesson 24</b> Helping Friends After a Conflict	Identify ways to help friends recover from serious conflicts	Conflicts Helping Others
<b>Lesson 25</b> Sexual Harassment	Identify ways to help stop sexual harassment	Bullying and Harassment Helping Others
<b>Lesson 26</b> High School	Identify challenges many students face starting high school Identify people you can go to for help with these challenges	Academic Success Resilience

### Unit 4 Review and Assessment (Optional)