

Middle School Program

UNIT 1: MINDSETS AND GOALS		
<p>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.</p>		
GRADE 6	GRADE 7	GRADE 8
<p>1. WELCOME!</p> <p>OBJECTIVES</p> <ul style="list-style-type: none"> Recognize how your brain is changing during adolescence Identify <i>Second Step</i> topics that are important to you <p>THEMES</p> <ul style="list-style-type: none"> Starting Right 	<p>1. WELCOME!</p> <p>OBJECTIVES</p> <ul style="list-style-type: none"> Recognize how your brain is changing during adolescence Identify <i>Second Step</i> topics that are important to you <p>THEMES</p> <ul style="list-style-type: none"> Starting Right 	<p>1. WELCOME!</p> <p>OBJECTIVES</p> <ul style="list-style-type: none"> Learn how <i>Second Step</i> strategies can help you cope with changes during adolescence Set classroom norms for <i>Second Step</i> lessons <p>THEMES</p> <ul style="list-style-type: none"> Starting Right
<p>2A. STARTING MIDDLE SCHOOL</p> <p>OBJECTIVES</p> <ul style="list-style-type: none"> Identify challenges many students face starting middle school Identify people you can go to for help with these challenges <p>THEMES</p> <ul style="list-style-type: none"> Resilience Starting Right 	OR	<p>2B. HELPING NEW STUDENTS</p> <p>OBJECTIVES</p> <ul style="list-style-type: none"> 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 <p>THEMES</p> <ul style="list-style-type: none"> Helping Others Starting Right
<p>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.</p>		
<p>3. GROW YOUR BRAIN 1</p> <p>OBJECTIVE</p> <p>Identify how brains grow stronger</p> <p>THEMES</p> <ul style="list-style-type: none"> Academic Success Growth Mindset 	<p>3. MAKING MISTAKES</p> <p>OBJECTIVE</p> <p>Identify how making mistakes can help you get smarter</p> <p>THEMES</p> <ul style="list-style-type: none"> Academic Success Growth Mindset 	<p>3. IDENTITY AND SOCIAL GROUPS</p> <p>OBJECTIVES</p> <ul style="list-style-type: none"> 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 <p>THEMES</p> <ul style="list-style-type: none"> Growth Mindset Resilience

Middle School Program

UNIT 1: MINDSETS AND GOALS		
<p>4. GROW YOUR BRAIN 2</p> <p>OBJECTIVE Describe how using good strategies, getting help from others, and working hard can help you do better in school</p> <p>THEMES</p> <ul style="list-style-type: none"> Academic Success Growth Mindset 	<p>4. EMBRACING CHALLENGES</p> <p>OBJECTIVE Identify how making mistakes when trying something challenging can be positive</p> <p>THEMES</p> <ul style="list-style-type: none"> Academic Success Growth Mindset 	<p>4. YOUR INTERESTS MATTER</p> <p>OBJECTIVE Identify how you can use your interests and strengths to make a difference in the world</p> <p>THEMES</p> <ul style="list-style-type: none"> Growth Mindset Resilience
<p>5. CAN PERSONALITIES CHANGE?</p> <p>OBJECTIVES</p> <ul style="list-style-type: none"> Recognize that personalities can change Explore how knowing this can change how you think about others <p>THEMES</p> <ul style="list-style-type: none"> Growth Mindset Resilience 	<p>5. PERSONALITIES CHANGE</p> <p>OBJECTIVES</p> <ul style="list-style-type: none"> Recognize that personalities can change Explore what this means for how you think about people you don't get along with <p>THEMES</p> <ul style="list-style-type: none"> Growth Mindset Resilience 	<p>5. OVERCOMING FAILURE</p> <p>OBJECTIVES</p> <ul style="list-style-type: none"> Understand that mistakes and failure are difficult, but they can be overcome Identify techniques you can try after you fail or make a mistake <p>THEMES</p> <ul style="list-style-type: none"> Academic Success Growth Mindset
<p>6. SETTING GOALS</p> <p>OBJECTIVES</p> <ul style="list-style-type: none"> Practice breaking down big goals into small, simple steps Create an If-Then Plan for taking a small, simple step <p>THEMES</p> <ul style="list-style-type: none"> Decision Making Planning Ahead 	<p>6. SETTING GOALS</p> <p>OBJECTIVES</p> <ul style="list-style-type: none"> Practice breaking down big goals into small, simple steps Create an If-Then Plan for taking a small, simple step <p>THEMES</p> <ul style="list-style-type: none"> Decision Making Planning Ahead 	<p>6. SMART GOALS</p> <p>OBJECTIVE Practice transforming wishes into SMART goals</p> <p>THEMES</p> <ul style="list-style-type: none"> Decision Making Planning Ahead
<p>7. IF-THEN PLANS</p> <p>OBJECTIVES</p> <ul style="list-style-type: none"> Recognize the key parts of an If-Then Plan Use an If-Then Plan to prepare for a difficult or important situation <p>THEMES</p> <ul style="list-style-type: none"> Planning Ahead Resilience 	<p>7. IF-THEN PLANS</p> <p>OBJECTIVES</p> <ul style="list-style-type: none"> Recognize the key parts of an If-Then Plan Use an If-Then Plan to prepare for a difficult or important situation <p>THEMES</p> <ul style="list-style-type: none"> Planning Ahead Resilience 	<p>7. IF-THEN PLANS</p> <p>OBJECTIVES</p> <ul style="list-style-type: none"> Recognize the key parts of an If-Then Plan Use an If-Then Plan to prepare for a difficult or important situation <p>THEMES</p> <ul style="list-style-type: none"> Planning Ahead Resilience
<p>UNIT 1 REVIEW AND ASSESSMENT (Optional)</p>	<p>UNIT 1 REVIEW AND ASSESSMENT (Optional)</p>	<p>UNIT 1 REVIEW AND ASSESSMENT (Optional)</p>

Middle School Program

UNIT 2: VALUES AND FRIENDSHIPS Students learn how to use their values to help them make good decisions and build strong friendships.		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.
GRADE 6	GRADE 7	GRADE 8
8. VALUES AND DECISIONS OBJECTIVES <ul style="list-style-type: none"> Identify core personal values Analyze the connection between values and decisions THEMES <ul style="list-style-type: none"> Decision Making Values 	8. VALUES AND DECISIONS OBJECTIVES <ul style="list-style-type: none"> Identify core personal values Analyze the connection between values and decisions THEMES <ul style="list-style-type: none"> Decision Making Values 	8. VALUES AND DECISIONS OBJECTIVES <ul style="list-style-type: none"> Identify core personal values Analyze the connection between values and decisions THEMES <ul style="list-style-type: none"> Decision Making Planning Ahead Values
9. SOCIAL VALUES OBJECTIVES <ul style="list-style-type: none"> Explore how personal values help people get along Create a values-based plan for how to help make school a more positive place THEMES <ul style="list-style-type: none"> Helping Others Planning Ahead Relationships Values 	9. ONLINE VALUES OBJECTIVES <ul style="list-style-type: none"> Identify values that contribute to a positive online world Create a values-based plan for how to help build a positive online world THEMES <ul style="list-style-type: none"> Helping Others Planning Ahead Relationships Values 	9. POSITIVE RELATIONSHIPS OBJECTIVES <ul style="list-style-type: none"> Identify features of positive relationships Learn how connecting with people who share common interests can help you make friends THEMES <ul style="list-style-type: none"> Decision Making Planning Ahead Relationships
10. WHAT'S A FRIEND? OBJECTIVE Explore the values you want your friends to have THEMES <ul style="list-style-type: none"> Relationships Values 	10. WHAT KIND OF FRIEND ARE YOU? OBJECTIVES <ul style="list-style-type: none"> Explore how your values help you be a good friend Analyze how your values affect your relationships with friends THEMES <ul style="list-style-type: none"> Relationships Values 	10. RELATIONSHIPS CHANGE OBJECTIVE Identify ways to cope when friendships change or end THEMES Relationships

Middle School Program

UNIT 2: VALUES AND FRIENDSHIPS		UNIT 2: VALUES AND RELATIONSHIPS
GRADE 6	GRADE 7	GRADE 8
<p>11. MAKING FRIENDS</p> <p>OBJECTIVES</p> <ul style="list-style-type: none"> Identify different ways to make friends Create a plan for making a new friend <p>THEMES</p> <ul style="list-style-type: none"> Decision Making Relationships 	<p>11. STRENGTHENING FRIENDSHIPS</p> <p>OBJECTIVE</p> <p>Identify strategies to strengthen friendships</p> <p>THEMES</p> <ul style="list-style-type: none"> Planning Ahead Relationships 	<p>11. NEGATIVE RELATIONSHIPS</p> <p>OBJECTIVE</p> <p>Identify signs of negative relationships</p> <p>THEMES</p> <ul style="list-style-type: none"> Planning Ahead Relationships
<p>12. CHALLENGE: MAKING FRIENDS</p> <p>OBJECTIVE</p> <p>Use friend-making strategies in response to a scenario</p> <p>THEMES</p> <ul style="list-style-type: none"> Perspective Taking Relationships 	<p>12. CHALLENGE: FRIENDSHIPS</p> <p>OBJECTIVES</p> <ul style="list-style-type: none"> Identify challenges to friendships in response to scenarios Explore ways to strengthen friendships in response to scenarios <p>THEMES</p> <ul style="list-style-type: none"> Planning Ahead Relationships 	<p>12. CHALLENGE: RELATIONSHIPS</p> <p>OBJECTIVES</p> <ul style="list-style-type: none"> Practice identifying what makes a relationship positive or negative Recognize signs of negative relationships <p>THEMES</p> <ul style="list-style-type: none"> Relationships Values
<p>UNIT 2 REVIEW AND ASSESSMENT (Optional)</p>	<p>UNIT 2 REVIEW AND ASSESSMENT (Optional)</p>	<p>UNIT 2 REVIEW AND ASSESSMENT (Optional)</p>

Middle School Program

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.

GRADE 6	GRADE 7	GRADE 8
<p>13. WHAT ARE EMOTIONS?</p> <p>OBJECTIVE Analyze how emotions affect decision making</p> <p>THEMES</p> <ul style="list-style-type: none"> • Decision Making • Thoughts and Emotions 	<p>13. THE ROLE OF EMOTIONS</p> <p>OBJECTIVES</p> <ul style="list-style-type: none"> • Identify why adolescents’ emotions are especially intense • Analyze how emotions affect decision making <p>THEMES</p> <ul style="list-style-type: none"> • Decision Making • Thoughts and Emotions 	<p>13. EMOTIONS AND DECISIONS</p> <p>OBJECTIVE Analyze how emotions affect decision making</p> <p>THEMES</p> <ul style="list-style-type: none"> • Decision Making • Thoughts and Emotions
<p>14. VALUES AND EMOTIONS</p> <p>OBJECTIVE Practice using values to help make good decisions when you’re upset</p> <p>THEMES</p> <ul style="list-style-type: none"> • Decision Making • Thoughts and Emotions • Values 	<p>14. HANDLING EMOTIONS</p> <p>OBJECTIVES</p> <ul style="list-style-type: none"> • Recognize that emotions don’t have to control decision making • Identify how remembering your values can help you make good decisions <p>THEMES</p> <ul style="list-style-type: none"> • Decision Making • Thoughts and Emotions • Values 	<p>14. RESPONDING TO ANGER</p> <p>OBJECTIVE Practice using values to help make good decisions when you’re upset</p> <p>THEMES</p> <ul style="list-style-type: none"> • Decision Making • Thoughts and Emotions • Values
<p>15. SPOT THE THOUGHT</p> <p>OBJECTIVES</p> <ul style="list-style-type: none"> • Recognize the difference between thoughts and emotions • Identify unhelpful thoughts and their effect on decision making <p>THEMES</p> <ul style="list-style-type: none"> • Decision Making • Resilience • Thoughts and Emotions 	<p>15. UNHELPFUL THOUGHTS</p> <p>OBJECTIVES</p> <ul style="list-style-type: none"> • Identify unhelpful thoughts and their effect on decision making • Explain how thoughts, emotions, and decisions are connected <p>THEMES</p> <ul style="list-style-type: none"> • Decision Making • Resilience • Thoughts and Emotions 	<p>15. HANDLING REJECTION</p> <p>OBJECTIVES</p> <ul style="list-style-type: none"> • Recognize unhelpful thoughts and their effect on decision making • Identify ways to react if unhelpful thoughts get stuck in your head <p>THEMES</p> <ul style="list-style-type: none"> • Decision Making • Resilience • Thoughts and Emotions

Middle School Program

UNIT 3: THOUGHTS, EMOTIONS, AND DECISIONS		
GRADE 6	GRADE 7	GRADE 8
<p>16. CALMING DOWN</p> <p>OBJECTIVES</p> <ul style="list-style-type: none"> Identify common calming-down strategies Create a plan for using calming-down strategies when angry or upset <p>THEMES</p> <ul style="list-style-type: none"> Conflicts Staying Calm Thoughts and Emotions 	<p>16. BE CALM</p> <p>OBJECTIVES</p> <ul style="list-style-type: none"> Identify common calming-down strategies Explain why calming-down strategies are effective <p>THEMES</p> <ul style="list-style-type: none"> Conflicts Staying Calm Thoughts and Emotions 	<p>16. STAY CALM</p> <p>OBJECTIVES</p> <ul style="list-style-type: none"> Identify common calming-down strategies Explain why calming-down strategies are effective <p>THEMES</p> <ul style="list-style-type: none"> Conflicts Staying Calm Thoughts and Emotions
<p>17. SLOW BREATHING</p> <p>OBJECTIVES</p> <ul style="list-style-type: none"> Practice slow breathing Make a plan for using slow breathing to stay calm <p>THEMES</p> <ul style="list-style-type: none"> Planning Ahead Staying Calm 	<p>17. FRUSTRATION</p> <p>OBJECTIVES</p> <ul style="list-style-type: none"> Recognize common sources of frustration Create a plan for handling frustrating situations <p>THEMES</p> <ul style="list-style-type: none"> Planning Ahead Resilience Staying Calm 	<p>17. ANXIETY</p> <p>OBJECTIVES</p> <ul style="list-style-type: none"> Identify common sources of anxiety Create a plan for handling anxiety <p>THEMES</p> <ul style="list-style-type: none"> Planning Ahead Resilience Staying Calm
<p>UNIT 3 REVIEW AND ASSESSMENT (Optional)</p>	<p>UNIT 3 REVIEW AND ASSESSMENT (Optional)</p>	<p>UNIT 3 REVIEW AND ASSESSMENT (Optional)</p>

Middle School Program

UNIT 4: SERIOUS PEER CONFLICTS		
Students learn how to identify, avoid, and resolve serious conflicts and help prevent bullying and harassment.		
GRADE 6	GRADE 7	GRADE 8
<p>18. PERSPECTIVES</p> <p>OBJECTIVES</p> <ul style="list-style-type: none"> Recognize that other people may have different perspectives Analyze how identifying others' perspectives can help prevent conflicts <p>THEMES</p> <ul style="list-style-type: none"> Conflicts Perspective Taking 	<p>18. JUMPING TO CONCLUSIONS</p> <p>OBJECTIVES</p> <ul style="list-style-type: none"> Recognize that other people may have different perspectives Analyze how identifying others' perspectives can help prevent conflicts <p>THEMES</p> <ul style="list-style-type: none"> Conflicts Perspective Taking 	<p>18. ASSUMPTIONS</p> <p>OBJECTIVES</p> <ul style="list-style-type: none"> Recognize the potential consequences of making assumptions Analyze a scenario and think of multiple assumptions in response to it <p>THEMES</p> <ul style="list-style-type: none"> Conflicts Perspective Taking Relationships
<p>19. CHALLENGE: PERSPECTIVES</p> <p>OBJECTIVE</p> <p>Analyze the effect perspective taking can have on a difficult situation</p> <p>THEMES</p> <ul style="list-style-type: none"> Conflicts Decision Making Perspective Taking Planning Ahead 	<p>19. CHALLENGE: CONCLUSIONS</p> <p>OBJECTIVE</p> <p>Analyze the issues that come from jumping to conclusions</p> <p>THEMES</p> <ul style="list-style-type: none"> Conflicts Decision Making Perspective Taking 	<p>19. CHALLENGE: ASSUMPTIONS</p> <p>OBJECTIVE</p> <p>Analyze how assumptions influence decision making</p> <p>THEMES</p> <ul style="list-style-type: none"> Conflicts Decision Making Perspective Taking
<p>20. RECOGNIZING SERIOUS CONFLICTS</p> <p>OBJECTIVES</p> <ul style="list-style-type: none"> Recognize the difference between minor and serious conflicts Identify ways to avoid serious conflicts <p>THEMES</p> <ul style="list-style-type: none"> Conflicts Decision Making 	<p>20. AVOIDING SERIOUS CONFLICTS</p> <p>OBJECTIVES</p> <ul style="list-style-type: none"> Recognize the difference between minor and serious conflicts Identify ways to avoid serious conflicts <p>THEMES</p> <ul style="list-style-type: none"> Conflicts Decision Making 	<p>20. HELPING FRIENDS AVOID CONFLICTS</p> <p>OBJECTIVES</p> <ul style="list-style-type: none"> Recognize the difference between minor and serious conflicts Identify ways to help friends avoid serious conflicts <p>THEMES</p> <ul style="list-style-type: none"> Conflicts Decision Making Helping Others

Middle School Program

UNIT 4: SERIOUS PEER CONFLICTS		
GRADE 6	GRADE 7	GRADE 8
<p>21. CHALLENGE: RECOGNIZING CONFLICTS</p> <p>OBJECTIVES</p> <ul style="list-style-type: none"> Recognize serious conflicts Identify ways to avoid serious conflicts <p>THEMES</p> <ul style="list-style-type: none"> Conflicts Decision Making Planning Ahead 	<p>21. CHALLENGE: AVOIDING CONFLICTS</p> <p>OBJECTIVES</p> <ul style="list-style-type: none"> Recognize serious conflicts Identify ways to avoid serious conflicts <p>THEMES</p> <ul style="list-style-type: none"> Conflicts Decision Making Planning Ahead 	<p>21. CHALLENGE: AVOIDING CONFLICTS</p> <p>OBJECTIVES</p> <ul style="list-style-type: none"> Recognize serious conflicts Identify ways to help friends avoid serious conflicts <p>THEMES</p> <ul style="list-style-type: none"> Conflicts Decision Making Helping Others
<p>22. RESOLVING SERIOUS CONFLICTS</p> <p>OBJECTIVES</p> <ul style="list-style-type: none"> Identify roadblocks that can make resolving serious conflicts difficult Explore strategies for overcoming roadblocks <p>THEMES</p> <ul style="list-style-type: none"> Conflicts Decision Making 	<p>22. RESOLVING SERIOUS CONFLICTS</p> <p>OBJECTIVES</p> <ul style="list-style-type: none"> Identify roadblocks that can make resolving serious conflicts difficult Explore strategies for overcoming roadblocks <p>THEMES</p> <ul style="list-style-type: none"> Conflicts Decision Making 	<p>22. HELPING FRIENDS RESOLVE CONFLICTS</p> <p>OBJECTIVES</p> <ul style="list-style-type: none"> Identify reasons why conflicts may be hard to resolve Explore strategies for helping friends resolve conflicts <p>THEMES</p> <ul style="list-style-type: none"> Conflicts Decision Making Helping Others
<p>23. CHALLENGE: RESOLVING CONFLICTS</p> <p>OBJECTIVES</p> <ul style="list-style-type: none"> Identify roadblocks that can make resolving serious conflicts difficult Explore strategies for overcoming roadblocks <p>THEMES</p> <ul style="list-style-type: none"> Conflicts Planning Ahead 	<p>23. CHALLENGE: RESOLVING CONFLICTS</p> <p>OBJECTIVES</p> <ul style="list-style-type: none"> Identify roadblocks that can make resolving serious conflicts difficult Explore strategies for overcoming roadblocks <p>THEMES</p> <ul style="list-style-type: none"> Conflicts Planning Ahead 	<p>23. CHALLENGE: RESOLVING CONFLICTS</p> <p>OBJECTIVE</p> <p>Explore strategies for helping friends handle serious conflicts</p> <p>THEMES</p> <ul style="list-style-type: none"> Conflicts Helping Others Planning Ahead

Middle School Program

UNIT 4: SERIOUS PEER CONFLICTS		
GRADE 6	GRADE 7	GRADE 8
<p>24. MAKING AMENDS</p> <p>OBJECTIVES</p> <ul style="list-style-type: none"> Recognize the difference between apologizing and making amends Identify different strategies for making amends <p>THEMES</p> <ul style="list-style-type: none"> Conflicts Relationships 	<p>24. TAKING RESPONSIBILITY</p> <p>OBJECTIVES</p> <ul style="list-style-type: none"> Explore what it means to take responsibility for something Identify reasons to take responsibility for your decisions <p>THEMES</p> <ul style="list-style-type: none"> Conflicts Values 	<p>24. HELPING FRIENDS AFTER A CONFLICT</p> <p>OBJECTIVE</p> <p>Identify ways to help friends recover from serious conflicts</p> <p>THEMES</p> <ul style="list-style-type: none"> Conflicts Helping Others
<p>25. BULLYING</p> <p>OBJECTIVE</p> <p>Identify ways to help someone who is being bullied</p> <p>THEMES</p> <ul style="list-style-type: none"> Bullying and Harassment Helping Others 	<p>25. GENDER HARASSMENT</p> <p>OBJECTIVE</p> <p>Identify ways to help stop gender harassment</p> <p>THEMES</p> <ul style="list-style-type: none"> Bullying and Harassment Helping Others 	<p>25. SEXUAL HARASSMENT</p> <p>OBJECTIVE</p> <p>Identify ways to help stop sexual harassment</p> <p>THEMES</p> <ul style="list-style-type: none"> Bullying and Harassment Helping Others
<p>26. GRATITUDE</p> <p>OBJECTIVE</p> <p>Explore ways to express gratitude</p> <p>THEMES</p> <p>Relationships</p>	<p>26. WHAT YOU LEARNED</p> <p>OBJECTIVE</p> <p>Review key skills and concepts taught in the <i>Second Step</i> Program</p> <p>THEMES</p> <p>Planning Ahead</p>	<p>26. HIGH SCHOOL</p> <p>OBJECTIVES</p> <ul style="list-style-type: none"> Identify challenges many students face starting high school Identify people you can go to for help with these challenges <p>THEMES</p> <ul style="list-style-type: none"> Academic Success Resilience
<p>UNIT 4 REVIEW AND ASSESSMENT (Optional)</p>	<p>UNIT 4 REVIEW AND ASSESSMENT (Optional)</p>	<p>UNIT 4 REVIEW AND ASSESSMENT (Optional)</p>