

Grade 6 Scope and Sequence

Empathy and Communication

Lesson 1: Working in Groups

Students will be able to:

- Identify behaviors involved in listening and respecting others' ideas
- Apply group communication skills
- Define *empathy*
- Apply empathy skills while identifying feelings

Lesson 2: Friends and Allies

Students will be able to:

- Apply empathy skills
- Apply active listening skills
- Identify ways to make friends and join groups
- Define the term *ally* and identify when and how to be one

Lesson 3: Considering Perspectives

Students will be able to:

- 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

Students will be able to:

- 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

Students will be able to:

- 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

Students will be able to:

- Recognize and define *bullying*
- 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

Students will be able to:

- 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

Emotion Management

Lesson 8: Emotions—Brain and Body

Students will be able to:

- Understand what happens to their brains and bodies when they experience strong emotions
- Identify the first three Steps for Staying in Control
- Understand why using self-talk is a key to managing emotions
- Apply self-talk strategies

Emotion Management, continued

Lesson 9: Calming-Down Strategies

Students will be able to:

- Apply centered breathing techniques correctly
- Recognize self-talk that intensifies or calms down strong feelings
- Use self-talk to manage emotions
- Identify calming-down strategies that work best for them

Problem Solving

Lesson 10: Using the Action Steps

Students will be able to:

- Analyze a problem by stating what the problem is and identifying the perspectives of those involved
- Generate multiple options for solving a problem
- Understand how to consider each option and decide on the best one
- Apply the first four Action Steps

Lesson 11: Making a Plan

Students will be able to:

- Generate a plan for carrying out an option
- Apply the Action Steps
- Understand how to make amends

Substance Abuse Prevention

Lesson 12: Tobacco and Marijuana

Students will be able to:

- Define *addiction* and understand its dangers
- Identify the personal, health, and social consequences of using tobacco and marijuana
- Identify consequences that they consider their personal best reasons for not using tobacco and marijuana

Lesson 13: Alcohol and Inhalants

Students will be able to:

- Identify the personal, health, and social consequences of using alcohol and inhalants
- Identify consequences that they consider their personal best reasons for not using alcohol or inhalants

Lesson 14: Identifying Hopes and Plans

Students will be able to:

- Identify their hopes and plans for the future
- Identify the ways that using alcohol, tobacco, marijuana, and inhalants can interfere with their hopes and plans for the future
- Identify how people who care about their future would be affected if they knew they were using alcohol or other drugs

Lesson 15: Making a Commitment

Students will be able to:

- Generate individual commitments to stay free from alcohol and other drugs
- Identify skills to help maintain their commitments
- Review and apply Stepping Up skills to certain situations



Grade 7 Scope and Sequence

Empathy and Communication

Lesson 1: Working in Groups

Students will be able to:

- Understand the relevance of the Stepping In program to their lives
- Identify skills that contribute to successful group work
- Apply communication skills
- Define *empathy* and apply empathy skills

Lesson 2: Disagreeing Respectfully

Students will be able to:

- Distinguish between disrespectful and respectful disagreement
- Apply perspective-taking skills
- Apply skills for communicating their own perspective effectively
- Apply skills for giving constructive feedback

Lesson 3: Negotiating and Compromising

Students will be able to:

- Identify how to solve a problem using the Action Steps
- Identify a problem from the perspectives of those involved
- Generate solutions to scenarios using strategies of negotiation and compromise (win-win strategies)
- Apply the Action Steps to problem solving in given scenarios

Lesson 4: Giving and Getting Support

Students will be able to:

- Apply empathy skills
- Understand when and how to give support by being an ally
- Identify when and how to go to an adult for help and when to encourage friends to seek help from an adult
- Apply assertive communication skills

Bullying Prevention

Lesson 5: Responding to Bullying

Students will be able to:

- Recognize and define *bullying* and *bystander* behaviors
- Empathize with people who are bullied
- Identify strategies to deal with bullying and help others who are bullied
- Understand how a bystander can be part of the problem or part of the solution

Lesson 6: Cyber Bullying

Students will be able to:

- Recognize that technology is sometimes used for bullying
- Understand ways they can be “part of the solution” to cyber bullying
- Understand strategies for dealing with cyber bullying

Lesson 7: Sexual Harassment

Students will be able to:

- Recognize and define *sexual harassment*
- Differentiate between flirting or joking and sexual harassment
- Apply assertiveness skills to refuse sexual harassment
- Understand their school’s sexual harassment policy and legal implications

Emotion Management

Lesson 8: Understanding Anger

Students will be able to:

- Understand that out-of-control anger can result in destructive outcomes
- Understand what happens to their brains and bodies when they experience strong emotions
- Recognize the physical and mental signs that lead to strong emotions
- Identify and apply strategies for staying in control of their emotions

Emotion Management, continued

Lesson 9: Staying in Control

Students will be able to:

- Understand why it is important to check their assumptions
- Understand and apply calming-down strategies
- Apply the Think Twice Step for checking assumptions
- Apply the Steps for Staying in Control for managing emotions

Lesson 10: Coping with Stress

Students will be able to:

- Understand that coping means consciously doing something positive to handle stress
- Understand that avoiding dealing with stress can make feelings worse
- Understand how positive self-talk can change your attitude
- Identify coping strategies (calming down, getting support, taking action)

Substance Abuse Prevention

Lesson 11: Myths and Facts

Students will be able to:

- Identify basic facts about how their brains and bodies are affected by substance abuse
- Identify how substance abuse can negatively affect their lives
- Distinguish myths from facts about substances and substance abuse

Lesson 12: Norms and Attitudes

Students will be able to:

- Recognize that the majority of people their age do not use substances
- Clarify their attitudes about alcohol and other drug abuse
- Generate a personal commitment not to use alcohol and other drugs for the next year

Lesson 13: Making Good Decisions

Students will be able to:

- Apply the Action Steps to making decisions about avoiding substance abuse
- Understand how friends can support each other to remain substance-free



Grade 8 Scope and Sequence

Empathy and Communication

Lesson 1: Working in Groups

Students will be able to:

- Identify skills, behaviors, and attitudes that contribute to successful group work
- Apply communication and group-work skills
- Define *empathy*

Lesson 2: Leaders and Allies

Students will be able to:

- Understand the importance of being a positive leader
- Identify actions that will inspire younger students
- Apply empathy skills
- Define *ally* and identify how to be one

Lesson 3: Handling a Grievance

Students will be able to:

- Identify skills for effectively communicating about a grievance with someone
- Apply perspective taking to handling a grievance
- Apply assertiveness skills to communicating about a grievance
- Apply constructive feedback skills

Lesson 4: Negotiating and Compromising

Students will be able to:

- Solve a problem using the Action Steps
- Identify a problem from the perspectives of those involved
- Generate solutions using strategies of negotiation and compromise (win-win strategies)
- Apply the Action Steps to problem solving

Bullying Prevention

Lesson 5: Bullying in Friendships

Students will be able to:

- Recognize and identify bullying within social or friendship groups
- Understand what they can do about bullying within relationships
- Understand how a bystander can be part of the problem or part of the solution
- Apply empathic concern and perspective taking

Lesson 6: Labels, Stereotypes, and Prejudice

Students will be able to:

- Recognize that labels, stereotypes, and prejudice can contribute or lead to bullying or unfair treatment of others
- Recognize that all people are individuals beyond a label or stereotype
- Understand that increased empathy can reduce the negative effects of labeling, stereotypes, and prejudice
- Identify and practice empathic skills

Lesson 7: Bullying in Dating Relationships

Students will be able to:

- Recognize and identify bullying within dating relationships
- Understand what they can do about bullying within dating relationships
- Identify strategies to assess risk and safely avoid bullying in dating relationships

Emotion Management

Lesson 8: De-Escalating a Tense Situation

Students will be able to:

- Understand what happens to their brains and bodies when they experience strong emotions
- Identify personal strategies to “pause” and calm down
- Understand how self-talk can lead to escalation or de-escalation of anger, aggression, and conflict
- Understand how spectators’ responses can lead to escalation

Lesson 9: Coping with Stress

Students will be able to:

- Identify their individual style of dealing with stress
- Understand that avoiding dealing with stress can make feelings worse
- Understand that coping means consciously doing something positive to handle stress
- Identify steps and strategies for coping with stress

Goal Setting

Lesson 10: Making Your Plan

Students will be able to:

- Define a goal
- Understand the process and benefits of setting goals
- Apply the Action Steps to goal setting
- Identify a group goal and the steps to reach it

Lesson 11: Evaluating Your Plan

Students will be able to:

- Evaluate goal-setting strategies used by themselves and others
- Understand the motivational power of goals
- Apply the Action Steps to their individual goals
- Understand the importance of small steps and learning from failure

Substance Abuse Prevention

Lesson 12: Identifying Future Goals

Students will be able to:

- Explain how using alcohol and other drugs can interfere with goals, hopes, and plans
- Understand how positive self-talk can help them avoid using substances, such as alcohol and other drugs
- Apply positive self-talk skills to drug and alcohol resistance strategies

Lesson 13: Keeping Your Commitment

Students will be able to:

- Generate assertive statements to counter thoughts or beliefs that interfere with making a decision not to use alcohol and other drugs
- Generate a one-year commitment to stay free of alcohol and other drugs
- Identify skills that will help them maintain their commitments

