



RESEARCH AND SCOPE

Scope and Sequence

■ **Second Step® Middle School Digital Program**

Grade 6

Unit 1: Mindsets & Goals

Program Themes: Academic Success, Belonging, Growth Mindset, Helping Others, Planning Ahead, Perspective-Taking, Resilience, Starting Right

CASEL Core Competencies: Self-Awareness, Self-Management, Social Awareness, Relationship Skills, Responsible Decision-Making

| Lesson Title | Objectives Students will be able to: |
|---|---|
| Lesson 1A Starting Middle School | Describe challenges they might face as they start middle school and identify resources where they can get help. |
| Lesson 1B Helping New Students | Use empathy skills to identify ways they can help new students feel welcome and comfortable at school. |
| Lesson 2 How to Grow Your Brain | Describe what happens in their brains when they try something new and how their brains change with experience and practice. |
| Lesson 3 Trying New Strategies | Name new strategies they can try when they're having trouble learning something new. |
| Lesson 4 Making Goals Specific | Write a specific goal. |
| Lesson 5 Breaking Down Your Goals | Break a big, long-term goal down into smaller, short-term goals. |



Grade 6

| Lesson Title | Objectives Students will be able to: |
|--|---|
| Lesson 6 Monitoring Your Progress | Set progress markers for their goal, determine when their goal has been achieved, and determine if they need to try a new strategy to reach their goal. |
| Lesson 7–Performance Task Bringing It All Together | Create an action plan for achieving a goal. |

Unit 2: Recognizing Bullying & Harassment

Program Themes: Bullying and Harassment, Conflicts, Helping Others

CASEL Core Competencies: Social Awareness, Relationship Skills, Responsible Decision-Making

| Lesson Title | Objectives Students will be able to: |
|---|--|
| Lesson 8 Common Types of Bullying | Describe the three most common types of in-person bullying (physical, relational, and verbal). |
| Lesson 9 Recognizing Bullying | Describe the effects of being bullied and recognize the difference between bullying and joking around. |
| Lesson 10 Responding to Online Bullying | Describe the effects of online bullying and identify strategies for responding to online bullying. |
| Lesson 11 How to Be an Upstander | Explain how to use three upstander strategies. |
| Lesson 12 Standing Up and Staying Safe | Describe the challenges of being an upstander and choose appropriate strategies for responding to bullying while staying safe. |
| Lesson 13–Performance Task Raising Awareness About Bullying | Apply their knowledge from the unit to promote awareness about bullying prevention at school. |



Grade 6

Unit 3: Thoughts, Emotions & Decisions

Program Themes: Conflicts, Resilience, Staying Calm, Thoughts and Emotions

CASEL Core Competencies: Self-Awareness, Self-Management, Social Awareness, Relationship Skills, Responsible Decision-Making

| Lesson Title | Objectives Students will be able to: |
|--|--|
| Lesson 14 What Emotions Tell You | Describe why emotions matter in their lives. |
| Lesson 15 Emotions and Your Brain | Describe what happens in their brains when they feel a strong emotion. |
| Lesson 16 How Emotions Affect Your Decisions | Describe how strong emotions can influence the decisions they make. |
| Lesson 17 Managing Your Emotions | Demonstrate and evaluate strategies for managing their emotions. |
| Lesson 18 What Works Best for You? | Determine the emotion-management strategies that work best for them and choose the best strategy to use in a situation, given the context. |
| Lesson 19–Performance Task Raising Awareness About Managing Emotions | Apply their knowledge from the unit to promote awareness about emotion-management strategies at school. |

Unit 4: Managing Relationships & Social Conflict

Program Themes: Conflicts, Growth Mindset, Perspective-Taking, Relationships

CASEL Core Competencies: Self-Awareness, Self-Management, Social Awareness, Relationship Skills, Responsible Decision-Making

| Lesson Title | Objectives Students will be able to: |
|---|---|
| Lesson 20 You're Changing | Describe the changes they've gone through in the past, the change(s) they're currently going through, and how those changes affect their relationships. |
| Lesson 21 Why Conflicts Escalate | Identify actions that escalate conflicts and determine ways to prevent conflicts from becoming more serious. |
| Lesson 22 Considering Multiple Perspectives | Examine a social conflict from multiple perspectives so they can resolve minor conflicts. |
| Lesson 23 Respectful Communication | Demonstrate how to use respectful language to prevent conflicts from getting worse. |

Grade 6

| Lesson Title | Objectives Students will be able to: |
|---|---|
| Lesson 24 Resolving Challenging Conflicts | Identify and evaluate various solutions to a conflict in order to find the best solution. |
| Lesson 25 Making Amends | Demonstrate how to make amends in meaningful and restorative ways. |
| Lesson 26–Performance Task Conflict Solvers | Demonstrate resolving a social conflict. |

Grade 7

Unit 1: Mindsets & Goals

Program Themes: Academic Success, Belonging, Growth Mindset, Helping Others, Perspective-Taking, Planning Ahead, Resilience, Starting Right

CASEL Core Competencies: Self-Awareness, Self-Management, Social Awareness, Relationship Skills, Responsible Decision-Making

| Lesson Title | Objectives Students will be able to: |
|--|---|
| Lesson 1A Starting Middle School | Describe challenges they might face as they start middle school and identify resources where they can get help. |
| Lesson 1B Helping New Students | Use empathy skills to identify why some students feel nervous when they're starting middle school and ways they can help new students feel welcome and comfortable at school. |
| Lesson 2 Creating New Pathways in Your Brain | Explain how practicing something difficult helps the brain grow new neural pathways. |
| Lesson 3 Learning from Mistakes and Failure | Analyze simple and complex scenarios to determine what they can learn from making mistakes. |
| Lesson 4 Identifying Roadblocks | Distinguish between internal and external roadblocks. |
| Lesson 5 Overcoming Roadblocks 1 | Think of and select appropriate strategies as part of If-Then Plans for overcoming roadblocks. |



Grade 7

| Lesson Title | Objectives Students will be able to: |
|--|--|
| Lesson 6 Overcoming Roadblocks 2 | Create an If-Then Plan to anticipate and get past a roadblock that could prevent them from achieving a goal. |
| Lesson 7-Performance Task Advice on Roadblocks | Give advice to a sixth-grade student who's trying to learn something new and feels like giving up. |

Unit 2: Recognizing Bullying & Harassment

Program Themes: Bullying and Harassment, Conflicts, Helping Others, Relationships

CASEL Core Competencies: Social Awareness, Relationship Skills, Responsible Decision-Making

| Lesson Title | Objectives Students will be able to: |
|--|---|
| Lesson 8 What Is Harassment? | Define harassment in their own words and distinguish between bullying and harassment. |
| Lesson 9 What Is Sexual Harassment? | Recognize and define sexual harassment and explain the difference between flirting and sexual harassment. |
| Lesson 10 The Effects of Sexual Harassment | Describe the effects of sexual harassment and identify sexual harassment support resources available at school. |
| Lesson 11 Gender-Based Harassment | Recognize gender-based harassment and the effects it can have on someone, as well as how stereotypes about gender contribute to gender-based harassment. |
| Lesson 12 Our Rights and Responsibilities | Describe their right to be protected from harassment at school, as well as the responsibilities they and their school have to create a harassment-free environment. |
| Lesson 13-Performance Task Preventing Harassment | Describe their rights and responsibilities regarding harassment and the consequences of engaging in harassment to their peers. |



Grade 7

Unit 3: Thoughts, Emotions & Decisions

Program Themes: Conflicts, Resilience, Staying Calm, Thoughts and Emotions

CASEL Core Competencies: Self-Awareness, Self-Management, Social Awareness, Relationship Skills, Responsible Decision-Making

| Lesson Title | Objectives Students will be able to: |
|--|---|
| Lesson 14 Emotions Matter | Explain the importance of emotions and describe how emotions can affect their thoughts and decisions. |
| Lesson 15 Feel, Think, Do | Explain how thoughts and emotions are connected and can affect their decisions. |
| Lesson 16 Unhelpful Thoughts | Distinguish helpful thoughts from unhelpful thoughts and analyze how unhelpful thoughts can negatively affect the decisions they make. |
| Lesson 17 Reframe the Situation | Explain how to interrupt unhelpful thoughts and reframe a challenging situation. |
| Lesson 18 Practicing Positive Self-Talk | Practice using positive self-talk to reframe a challenging situation. |
| Lesson 19–Performance Task Making Better Decisions | <ul style="list-style-type: none"> • Demonstrate how strong emotions can prompt unhelpful thoughts. • Model strategies for managing their emotions. |

Unit 4: Managing Relationships & Social Conflict

Program Themes: Conflicts, Perspective-Taking, Planning Ahead, Relationships

CASEL Core Competencies: Self-Management, Social Awareness, Relationship Skills, Responsible Decision-Making

| Lesson Title | Objectives Students will be able to: |
|---|--|
| Lesson 20 What Makes a Conflict Escalate? | Identify common reasons why social conflicts escalate from minor to major. |
| Lesson 21 Keeping Your Cool in a Conflict | Describe how using emotion-management strategies can prevent the escalation of a conflict. |
| Lesson 22 Conflicts and Perspectives | Explain how to listen to and consider someone else's perspective during a conflict. |
| Lesson 23 Resolving Conflict Part 1 | Describe the perspectives of everyone involved in a conflict in a nonjudgmental way. |



Grade 7

| Lesson Title | Objectives Students will be able to: |
|---|---|
| Lesson 24 Resolving Conflict Part 2 | Consider possible solutions and their consequences in order to find the best solution for resolving a conflict. |
| Lesson 25 Taking Responsibility for Your Actions | Explain what to do to take responsibility for their actions and make things as right as possible. |
| Lesson 26–Performance Task Tips for Resolving Conflicts | Identify the key elements of resolving conflicts successfully. |

Grade 8

Unit 1: Mindsets & Goals

Program Themes: Academic Success, Belonging, Growth Mindset, Planning Ahead, Relationships, Resilience, Starting Right, Values

CASEL Core Competencies: Self-Awareness, Self-Management, Social Awareness, Responsible Decision-Making

| Lesson Title | Objectives Students will be able to: |
|---|---|
| Lesson 1 Welcome! | Describe how the Second Step program can help them navigate physical, social, and emotional changes in adolescence. |
| Lesson 2 Who Am I? My Identity | Name unique and important aspects of their identities. |
| Lesson 3 My Interests and Strengths | Describe how they used their personal strengths to develop an interest, skill, or ability. |
| Lesson 4 Harnessing My Strengths | Explain how to use their strengths to get better at something new. |
| Lesson 5 Pursuing My Interests | Describe ways to make the most of positive factors and decrease the effects of negative factors while pursuing an interest or goal. |
| Lesson 6 My Future Self | Describe important aspects of their future identities. |
| Lesson 7–Performance Task My Path Forward | Identify strengths and skills they already have and explain how they can use them to develop their interests. |



Grade 8

Unit 2: Recognizing Bullying & Harassment

Program Themes: Bullying and Harassment, Conflicts, Helping Others

CASEL Core Competencies: Self-Awareness, Social Awareness, Relationship Skills, Responsible Decision-Making

| Lesson Title | Objectives Students will be able to: |
|---|---|
| Lesson 8 Understanding Bullying | Recognize that most people believe bullying is harmful behavior, despite its prevalence in school culture. |
| Lesson 9 Social Factors that Contribute to Bullying | Recognize how social factors contribute to bullying and harassment. |
| Lesson 10 Environmental Factors that Contribute to Bullying | Identify environmental factors that contribute to bullying and harassment. |
| Lesson 11 Speak Up and Start a Movement | Explain how to use strategies to disrupt factors that contribute to bullying and harassment. |
| Lesson 12 Be Inclusive and Ask for a Change | Explain how to use additional strategies to disrupt factors that contribute to bullying and harassment. |
| Lesson 13–Performance Task Stand Up for Change! | Apply their knowledge from the unit to create a plan for disrupting factors that contribute to bullying and harassment at school. |

Unit 3: Thoughts, Emotions & Decisions

Program Themes: Resilience, Staying Calm, Thoughts and Emotions

CASEL Core Competencies: Self-Awareness, Self-Management, Responsible Decision-Making

| Lesson Title | Objectives Students will be able to: |
|--|---|
| Lesson 14 Understanding Stress and Anxiety | Recognize how stress and anxiety affect their emotions, thoughts, and bodies. |
| Lesson 15 Where Does Stress Come From? | Categorize common sources of stress and explain the difference between controllable and uncontrollable stressors. |
| Lesson 16 Can Stress Help You Grow? | Reframe certain types of stress as opportunities for growth. |
| Lesson 17 Strategies for Managing Stress | Demonstrate how to choose strategies for managing stress. |



Grade 8

| Lesson Title | Objectives Students will be able to: |
|--|---|
| Lesson 18 Changing Strategies and Getting Help | Analyze stressful situations, decide if they need to change strategies or get outside help to manage their stress, and identify people who can help them when they feel their stress is unmanageable. |
| Lesson 19–Performance Task My Stress-Management Plan | Create an individual plan for managing their stress. |

Unit 4: Managing Relationships & Social Conflict

Program Themes: Academic Success, Belonging, Conflicts, Growth Mindset, Perspective-Taking, Planning Ahead, Relationships, Resilience, Starting Right, Values

CASEL Core Competencies: Self-Awareness, Self-Management, Social Awareness, Relationship Skills, Responsible Decision-Making

| Lesson Title | Objectives Students will be able to: |
|---|---|
| Lesson 20 My Values | Identify their core values and how their behaviors demonstrate these values. |
| Lesson 21 Values and Relationships | Describe the connection between their values and healthy behaviors in relationships. |
| Lesson 22 Recognizing Others' Perspectives | Analyze conflicts from multiple perspectives to help prevent them from escalating. |
| Lesson 23 Finding the Best Solution | Generate and evaluate solutions to conflicts that are mutually acceptable to everyone affected. |
| Lesson 24 Making Things Right | Identify a variety of ways for making amends to restore a relationship that's been damaged. |
| Lesson 25 Unhealthy Relationships | Distinguish between healthy and unhealthy relationships. |
| Lesson 26–Performance Task Guide to Healthy Relationships | Describe the importance of choosing healthy relationships, tell if a relationship is healthy, and recognize and manage unhealthy relationships. |
| Lesson 27 High School Challenges | Identify challenges many students face starting high school and people they can go to for help with these challenges. |