



RESEARCH AND SCOPE

Short Scope and Sequence

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

Grade 6

Unit 1

Mindsets & Goals

- 1A. Starting Middle School
- 1B. Helping New Students
- 2. How to Grow Your Brain
- 3. Trying New Strategies
- 4. Making Goals Specific
- 5. Breaking Down Your Goals
- 6. Monitoring Your Progress
- 7. Bringing It All Together

Unit 2

Recognizing Bullying & Harassment

- 8. Common Types of Bullying
- 9. Recognizing Bullying
- 10. Responding to Online Bullying
- 11. How to Be an Upstander
- 12. Standing Up and Staying Safe
- 13. Raising Awareness About Bullying

Unit 3

Thoughts, Emotions & Decisions

- 14. What Emotions Tell You
- 15. Emotions and Your Brain
- 16. How Emotions Affect Your Decisions
- 17. Managing Your Emotions
- 18. What Works Best for You?
- 19. Raising Awareness About Managing Emotions

Unit 4

Managing Relationships & Social Conflict

- 20. You're Changing
- 21. Why Conflicts Escalate
- 22. Considering Multiple Perspectives
- 23. Respectful Communication
- 24. Resolving Challenging Conflicts
- 25. Making Amends
- 26. Conflict Solvers

Grade 7

Unit 1

Mindsets & Goals

- 1A. Starting Middle School
- 1B. Helping New Students
- 2. Creating New Pathways in Your Brain
- 3. Learning from Mistakes and Failure
- 4. Identifying Roadblocks
- 5. Overcoming Roadblocks 1
- 6. Overcoming Roadblocks 2
- 7. Advice on Roadblocks

Unit 2

Recognizing Bullying & Harassment

- 8. What Is Harassment?
- 9. What Is Sexual Harassment?
- 10. The Effects of Sexual Harassment
- 11. Gender-Based Harassment
- 12. Our Rights and Responsibilities
- 13. Preventing Harassment

Unit 3

Thoughts, Emotions & Decisions

- 14. Emotions Matter
- 15. Feel, Think, Do
- 16. Unhelpful Thoughts
- 17. Reframe the Situation
- 18. Practicing Positive Self-Talk
- 19. Making Better Decisions

Unit 4

Managing Relationships & Social Conflict

- 20. What Makes a Conflict Escalate?
- 21. Keeping Your Cool in a Conflict
- 22. Conflicts and Perspectives
- 23. Resolving Conflict Part 1
- 24. Resolving Conflict Part 2
- 25. Taking Responsibility for Your Actions
- 26. Tips for Resolving Conflicts



Grade 8

Unit 1

Mindsets & Goals

1. Welcome!
2. Who Am I? My Identity
3. My Interests and Strengths
4. Harnessing My Strengths
5. Pursuing My Interests
6. My Future Self
7. My Path Forward

Unit 2

Recognizing Bullying & Harassment

8. Understanding Bullying
9. Social Factors that Contribute to Bullying
10. Environmental Factors that Contribute to Bullying
11. Speak Up and Start a Movement
12. Be Inclusive and Ask for a Change
13. Stand Up for Change!

Unit 3

Thoughts, Emotions & Decisions

14. Understanding Stress and Anxiety
15. Where Does Stress Come From?
16. Can Stress Help You Grow?
17. Strategies for Managing Stress
18. Changing Strategies and Getting Help
19. My Stress-Management Plan

Unit 4

Managing Relationships & Social Conflict

20. My Values
21. Values and Relationships
22. Recognizing Others' Perspectives
23. Finding the Best Solution
24. Making Things Right
25. Unhealthy Relationships
26. Guide to Healthy Relationships
27. High School Challenges