# Short Scope and Sequence

## Second Step® Middle School

Lessons titles and objectives may change before September 30, 2020.

### 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 Cyberbullying
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. We’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. Reframing Unhelpful Thoughts
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

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