



FULL SCOPE AND SEQUENCE

Second Step® Middle School

Grade 6

Unit 1: Mindsets & Goals

Students learn how to develop a growth mindset and apply research-based goal-setting strategies to their social and academic lives.

Program Themes: Academic Success, Belonging, Growth Mindset, Helping Others, Planning Ahead, Resilience

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

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.
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 Bringing It All Together	Create an action plan for achieving a goal.

Unit 2: Recognizing Bullying & Harassment

Students learn how to recognize bullying and harassment, stand up safely to bullying, and respond appropriately to harassment.

Program Themes: Bullying and Harassment, Conflicts, Helping Others

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

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 Cyberbullying	Describe what cyberbullying is and its effects and identify strategies for responding to cyberbullying.
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 Raising Awareness About Bullying	Apply their knowledge from the unit to promote awareness about bullying prevention at school.

Unit 3: Thoughts, Emotions, & Decisions

Students learn how to recognize strong emotions and unhelpful thoughts, and apply strategies to manage their emotions and reduce stress.

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

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

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 Title	Objectives Students will be able to:
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 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

Students learn strategies for developing and maintaining healthy relationships, perspective-taking, and dealing with conflict.

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

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

Lesson Title	Objectives Students will be able to:
Lesson 20 We'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, non-defensive language to prevent conflicts from getting worse.
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 Conflict Solvers	Demonstrate resolving a social conflict.



Grade 7

Unit 1: Mindsets & Goals

Students learn how to develop a growth mindset and apply research-based goal-setting strategies to their social and academic lives.

Program Themes: Academic Success, Growth Mindset, Helping Others, Planning Ahead, Resilience, Starting Right

CASEL Core Competencies: Self-Awareness, Self-Management

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 the brain grows new neural pathways and grow new neural pathways in their brains by practicing something difficult.
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.
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 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

Students learn how to recognize bullying and harassment, stand up safely to bullying, and respond appropriately to harassment.

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

CASEL Core Competencies: 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 Preventing Harassment	Describe their rights and responsibilities regarding harassment and the consequences of engaging in harassment to their peers.

Unit 3: Thoughts, Emotions, & Decisions

Students learn how to recognize strong emotions and unhelpful thoughts, and apply strategies to manage their emotions and reduce stress.

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

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

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 Title	Objectives Students will be able to:
Lesson 17 Reframing Unhelpful Thoughts	Explain how to interrupt and reframe unhelpful thoughts.
Lesson 18 Practicing Positive Self-Talk	Practice using positive self-talk to reframe unhelpful thoughts.
Lesson 19 Making Better Decisions	Demonstrate how strong emotions can prompt unhelpful thoughts and model strategies for managing their emotions and reframing unhelpful thoughts.

Unit 4: Managing Relationships & Social Conflict

Students learn strategies for developing and maintaining healthy relationships, perspective-taking, and dealing with conflict.

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

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

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 and apply how to understand someone else's perspective.
Lesson 23 Resolving Conflict Part 1	Describe the perspectives of everyone involved in a conflict in a nonjudgmental way.
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 Tips for Resolving Conflicts	Identify the key elements of resolving conflicts successfully.



Grade 8

Unit 1: Mindsets & Goals

Students learn how to develop a growth mindset and apply research-based goal-setting strategies to their social and academic lives.

Program Themes: Academic Success, Belonging, Growth Mindset, Planning Ahead, Resilience

CASEL Core Competencies: Self-Awareness, Self-Management

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 increase 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 My Path Forward	Identify strengths and skills they already have and explain how they can use them to develop their interests.

Unit 2: Recognizing Bullying & Harassment

Students learn how to recognize bullying and harassment, stand up safely to bullying, and respond appropriately to harassment.

Program Themes: Bullying and Harassment, Conflicts, Helping Others

CASEL Core Competencies: 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 Title	Objectives Students will be able to:
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 Change Policies	Explain how to use additional strategies to disrupt factors that contribute to bullying and harassment.
Lesson 13 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

Students learn how to recognize strong emotions and unhelpful thoughts, and apply strategies to manage their emotions and reduce stress.

Program Themes: Resilience, Staying Calm, Thoughts and Emotions

CASEL Core Competencies: Relationship Skills, 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.
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 My Stress-Management Plan	Create an individual plan for managing their stress.



Unit 4: Managing Relationships & Social Conflict

Students learn strategies for developing and maintaining healthy relationships, perspective-taking, and dealing with conflict.

Program Themes: Conflicts, Perspective-Taking, Relationships, Values

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

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 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.