



SHORT SCOPE AND SEQUENCE

Second Step® Middle School

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

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 Change Policies
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