
Coal City Unit District #1
Seventh Grade
SECA Curriculum

SECA.7:1 Students will identify and manage their emotions and behavior.

- SECA.7:1-1 Identify strong emotions that need action/problem solving.
- SECA.7:1-2 Describe the effect of self-talk on emotions.
- SECA.7:1-3 Practice self-calming techniques (deep breathing, self-talk, progressive relaxation) to manage stress.

SECA.7:2 Students will recognize personal qualities and external supports.

- SECA.7:2-1 Recognize personal strengths and weaknesses and how they impact choices.
- SECA.7:2-2 Recognize external influences on the development of personal characteristics (e.g. body image, self-esteem, behavior, social media, friendship, leadership, teamwork).
- SECA.7:2-3 Identify support systems and how they assist students.

SECA.7:3 Students will demonstrate skills related to achieving personal and academic goals.

- SECA.7:3-1 Identify resources to help progress towards a goal (e.g., PowerSchool, Naviance, staff, trusted adult).
- SECA.7:3-2 Analyze how barriers and supports influenced the completion of action steps toward achieving a goal.
- SECA.7:3-3 Apply goal-setting skills to develop academic success.

SECA.7:4 Students will recognize the feelings and perspectives of others.

- SECA.7:4-1 Identify the feelings and perspective of others during group interactions.
- SECA.7:4-2 Recall a situation in which their behavior impacted the feelings of others either positively or negatively.
- SECA.7:4-3 Explain why bullying or making fun of others is harmful to oneself or others (e.g., physical or verbal).
- SECA.7:4-4 Distinguish between bullying and conflict situations.

- SECA.7:5 Students will recognize individual and group similarities and differences.**
- SECA.7:5-1 Investigate the traditions of others (e.g. memorize phrases from other languages, familiarize with music or cuisine of other cultures).
 - SECA.7:5-2 Identify negative depictions of differences among people (e.g., gender or sexual orientation stereotyping, discrimination against socio-economic or culture minorities, prejudices based on misinformation) in readings completed for coursework.
 - SECA.7:5-3 Evaluate ways of overcoming a lack of understanding of those who are different.
- SECA.7:6 Students will use communication and social skills to interact effectively with others.**
- SECA.7:6-1 Practice strategies for maintaining positive relationships (e.g., pursuing shared interests and activities, spending time together, giving and receiving help, practicing forgiveness).
 - SECA.7:6-2 Recognize the importance of setting and expressing boundaries for yourself and others.
 - SECA.7:6-3 Demonstrate an ability both to assume leadership and be a team player in achieving group goals.
 - SECA.7:6-4 Listen respectfully to opposing points of views on controversial issues.
 - SECA.7:6-5 Learn to maintain an objective, nonjudgmental tone during disagreements.
- SECA.7:7 Students will demonstrate an ability to prevent, manage, and resolve interpersonal conflicts in constructive ways.**
- SECA.7:7-1 List qualities that contribute to friendships.
 - SECA.7:7-2 Identify factors that lead to conflict.
 - SECA.7:7-3 Analyze possible causes of a physical or verbal fight and possible prevention strategies.
 - SECA.7:7-4 Practice negotiation skills in pairs, taking the perspective of both parties into account.
- SECA.7:8 Students will consider ethical, safety, and societal factors in making decisions.**
- SECA.7:8-1 Identify safe alternatives to risky behaviors (e.g., riding in a car with a drunk driver, riding a skateboard in a dangerous place, resisting smoking, e-cigarettes or the like, or drugs).
 - SECA.7:8-2 Describe common socially accepted behavior in a variety of situations (e.g. attending a football game or concert, joining a new group, going to a job interview, participating in class).
 - SECA.7:8-3 Judge the seriousness of unethical behaviors (e.g., cheating, lying, stealing, plagiarism).
 - SECA.7:8-4 Participate in child sexual abuse prevention education (Erin's

Law).

SECA.7:9 Students will apply decision-making skills to deal responsibly with daily academic and social situations.

- SECA.7:9-1 Describe the effects of procrastination and disorganization on academic outcomes.
- SECA.7:9-2 Analyze how decision-making skills improve study habits.
- SECA.7:9-3 Analyze each step of a decision-making process used in responding to problem scenarios (e.g. S.T.E.P.)
- SECA.7:9-4 Identify what influences healthy and unhealthy decisions.

SECA.7:10 Students will contribute to the well-being of one's school and community.

- SECA.7:10-1 Identify resources to find information about the community.
- SECA.7:10-2 Identify responsibilities of citizenship (e.g., obeying laws, serving on juries, being informed about issues, being involved in influencing public policy).
- SECA.7:10-3 Evaluate a planned or recent project that addresses a community need or improvement.

SECA.7:11 Students will recognize steps to take when peers are demonstrating at risk behavior.

- SECA.7:11-1 Describe and demonstrate the A.C.T. (acknowledge, care, tell) message (Elyssa's Mission).
- SECA.7:11-2 Identify when to ask a trusted adult (21 years or older) for help.
- SECA.7:11-3 Discuss how to report bullying behavior.