
Coal City Unit District #1
Sixth Grade
SECA Curriculum

SECA.6:1 Students will identify and manage one’s emotions and behavior.

- SECA.6:1-1 Identify factors that cause stress.
- SECA.6:1-2 Recognize emotional and physical reactions to stress.
- SECA.6:1-3 Practice coping skill strategies to reduce stress (e.g., talking to a friend or trusted adult, considering what led to these feelings, physical exercise).

SECA.6:2 Students will recognize personal qualities and external supports.

- SECA.6:2-1 Identify personal strengths and weaknesses and how they impact the choices they make.
- SECA.6:2-2 Identify physical and emotional changes during adolescence.
- SECA.6:2-3 Describe how adults at school support students academically or emotionally.

SECA.6:3 Students will demonstrate skills related to achieving personal and academic goals.

- SECA.6:3-1 Brainstorm possible ways to overcome barriers in achieving their goals.
- SECA.6:3-2 Make a plan with action steps and timeframes to achieve their goal.
- SECA.6:3-3 Reflect on choices that lead to success.

SECA.6:4 Students will recognize the feelings and perspectives of others.

- SECA.6:4-1 Describe others’ feelings in a variety of situations.
- SECA.6:4-2 Discuss ways to continue a conversation that allows others to express themselves (e.g. open-ended questions, ask follow-up questions).
- SECA.6:4-3 Predict how one’s own behavior might affect the feelings of others.

SECA.6:5 Students will recognize individual and group similarities and differences.

- SECA.6:5-1 Define teasing and bullying behaviors.
- SECA.6:5-2 Identify ways to advocate for others.
- SECA.6:5-3 Identify ways to show respect for members of various social and cultural groups.

SECA.6:6 Students will use communication and social skills to interact effectively with others.

- SECA.6:6-1 Describe ways to apologize and make amends.
- SECA.6:6-2 Practice active listening skills through discussion.
- SECA.6:6-3 Demonstrate encouragement of others and recognition of their contributions.
- SECA.6:6-4 Practice responding appropriately to criticism.
- SECA.6:6-5 Understand guidelines for formal email communication with an adult.
- SECA.6:4-6 Recognize para-verbal and non-verbal communication cues.

SECA.6:7 Students will demonstrate an ability to prevent, manage, and resolve interpersonal conflicts in constructive ways

- SECA.6:7-1 Recognize that conflict is a natural part of life.
- SECA.6:7-2 Identify ways to manage a bullying situation.
- SECA.6:7-3 Identify ways of disagreeing respectfully.
- SECA.6:7-4 Evaluate ways to include everyone in group activities.
- SECA.6:7-5 Use verbal and nonverbal strategies to resolve conflict.

SECA.6:8 Students will consider ethical, safety, and societal factors in making decisions.

- SECA.6:8-1 Recognize that an individual is responsible for his/her behavior.
- SECA.6:8-2 Identify school rules.
- SECA.6:8-3 Participate in discussions about making healthy choices.
- SECA.6:8-4 Describe the individual needs of others (e.g., those with disabilities, those with fewer resources).
- SECA.6:8-5 Identify the risks of being in potentially dangerous situations.
- SECA.6:8-6 Participate in child sexual abuse prevention education (Erin's Law).

SECA.6:9 Students will apply decision-making skills to deal responsibly with daily academic and social situations.

- SECA.6:9-1 Identify time management tools.
- SECA.6:9-2 Use a homework management system to produce quality work on time.
- SECA.6:9-3 Demonstrate an ability to set priorities.
- SECA.6:9-4 Identify healthy alternatives to risky behavior.

SECA.6:10 Contribute to the well-being of one's school and community

- SECA.6:10-1 Describe ways of showing respect for your school environment.
- SECA.6:10-2 Support activities of various groups in your school.
- SECA.6:10-3 Identify a way to improve your local community.

SECA.6:11 Students will recognize steps to take when peers are demonstrating at-risk behavior.

SECA.6:11-1 Describe and demonstrate the A.C.T. (acknowledge, care, tell) message.

SECA.6:11-2 Identify when to ask a trusted adult (21 years or older) for help.

SECA.6:11-3 Discuss how to report bullying behavior.