



RESEARCH AND SCOPE

Scope and Sequence

■ **Second Step® Middle School Digital Program**

Grade 6

Unit 1: Mindsets & Goals

Program Themes: Academic Success, Belonging, Growth Mindset, Helping Others, Planning Ahead, Perspective-Taking, Resilience, Starting Right

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

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.



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Lesson Title	Objectives Students will be able to:
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–Performance Task Bringing It All Together	Create an action plan for achieving a goal.

Unit 2: Recognizing Bullying & Harassment

Program Themes: Bullying and Harassment, Conflicts, Helping Others

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

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 Online Bullying	Describe the effects of online bullying and identify strategies for responding to online bullying.
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–Performance Task Raising Awareness About Bullying	Apply their knowledge from the unit to promote awareness about bullying prevention at school.



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Unit 3: Thoughts, Emotions & Decisions

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

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

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 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–Performance Task 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

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

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

Lesson Title	Objectives Students will be able to:
Lesson 20 You'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 language to prevent conflicts from getting worse.

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Lesson Title	Objectives Students will be able to:
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–Performance Task Conflict Solvers	Demonstrate resolving a social conflict.

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