

Second Step Middle School Digital Program

Grade 7

Unit 1: Mindsets & Goals

Program Themes: Academic Success, Belonging, Growth Mindset, Helping Others, Perspective-Taking, Planning Ahead, 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 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 practicing something difficult helps the brain grow new neural pathways.
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.



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Lesson Title	Objectives Students will be able to:
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-Performance Task 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

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

CASEL Core Competencies: Social Awareness, 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-Performance Task Preventing Harassment	Describe their rights and responsibilities regarding harassment and the consequences of engaging in harassment to their peers.



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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 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 17 Reframe the Situation	Explain how to interrupt unhelpful thoughts and reframe a challenging situation.
Lesson 18 Practicing Positive Self-Talk	Practice using positive self-talk to reframe a challenging situation.
Lesson 19–Performance Task Making Better Decisions	<ul style="list-style-type: none"> • Demonstrate how strong emotions can prompt unhelpful thoughts. • Model strategies for managing their emotions.

Unit 4: Managing Relationships & Social Conflict

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

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

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 how to listen to and consider someone else's perspective during a conflict.
Lesson 23 Resolving Conflict Part 1	Describe the perspectives of everyone involved in a conflict in a nonjudgmental way.

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Lesson Title	Objectives Students will be able to:
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-Performance Task Tips for Resolving Conflicts	Identify the key elements of resolving conflicts successfully.

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