

Second Step Middle School Digital Program

Grade 8

Unit 1: Mindsets & Goals

Program Themes: Academic Success, Belonging, Growth Mindset, Planning Ahead, Relationships, Resilience, Starting Right, Values

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

Lesson Title	Objectives Students will be able to:
Lesson 1 Welcome!	Describe how the Second Step program can help them navigate physical, social, and emotional changes in adolescence.
Lesson 2 Who Am I? My Identity	Name unique and important aspects of their identities.
Lesson 3 My Interests and Strengths	Describe how they used their personal strengths to develop an interest, skill, or ability.
Lesson 4 Harnessing My Strengths	Explain how to use their strengths to get better at something new.
Lesson 5 Pursuing My Interests	Describe ways to make the most of positive factors and decrease the effects of negative factors while pursuing an interest or goal.
Lesson 6 My Future Self	Describe important aspects of their future identities.
Lesson 7-Performance Task My Path Forward	Identify strengths and skills they already have and explain how they can use them to develop their interests.



Grade 8

Unit 2: Recognizing Bullying & Harassment

Program Themes: Bullying and Harassment, Conflicts, Helping Others

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

Lesson Title	Objectives Students will be able to:
Lesson 8 Understanding Bullying	Recognize that most people believe bullying is harmful behavior, despite its prevalence in school culture.
Lesson 9 Social Factors that Contribute to Bullying	Recognize how social factors contribute to bullying and harassment.
Lesson 10 Environmental Factors that Contribute to Bullying	Identify environmental factors that contribute to bullying and harassment.
Lesson 11 Speak Up and Start a Movement	Explain how to use strategies to disrupt factors that contribute to bullying and harassment.
Lesson 12 Be Inclusive and Ask for a Change	Explain how to use additional strategies to disrupt factors that contribute to bullying and harassment.
Lesson 13–Performance Task Stand Up for Change!	Apply their knowledge from the unit to create a plan for disrupting factors that contribute to bullying and harassment at school.

Unit 3: Thoughts, Emotions & Decisions

Program Themes: Resilience, Staying Calm, Thoughts and Emotions

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

Lesson Title	Objectives Students will be able to:
Lesson 14 Understanding Stress and Anxiety	Recognize how stress and anxiety affect their emotions, thoughts, and bodies.
Lesson 15 Where Does Stress Come From?	Categorize common sources of stress and explain the difference between controllable and uncontrollable stressors.
Lesson 16 Can Stress Help You Grow?	Reframe certain types of stress as opportunities for growth.
Lesson 17 Strategies for Managing Stress	Demonstrate how to choose strategies for managing stress.



Grade 8

Lesson Title	Objectives Students will be able to:
Lesson 18 Changing Strategies and Getting Help	Analyze stressful situations, decide if they need to change strategies or get outside help to manage their stress, and identify people who can help them when they feel their stress is unmanageable.
Lesson 19–Performance Task My Stress-Management Plan	Create an individual plan for managing their stress.

Unit 4: Managing Relationships & Social Conflict

Program Themes: Academic Success, Belonging, Conflicts, Growth Mindset, Perspective-Taking, Planning Ahead, Relationships, Resilience, Starting Right, Values

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

Lesson Title	Objectives Students will be able to:
Lesson 20 My Values	Identify their core values and how their behaviors demonstrate these values.
Lesson 21 Values and Relationships	Describe the connection between their values and healthy behaviors in relationships.
Lesson 22 Recognizing Others' Perspectives	Analyze conflicts from multiple perspectives to help prevent them from escalating.
Lesson 23 Finding the Best Solution	Generate and evaluate solutions to conflicts that are mutually acceptable to everyone affected.
Lesson 24 Making Things Right	Identify a variety of ways for making amends to restore a relationship that's been damaged.
Lesson 25 Unhealthy Relationships	Distinguish between healthy and unhealthy relationships.
Lesson 26–Performance Task Guide to Healthy Relationships	Describe the importance of choosing healthy relationships, tell if a relationship is healthy, and recognize and manage unhealthy relationships.
Lesson 27 High School Challenges	Identify challenges many students face starting high school and people they can go to for help with these challenges.