

Scope and Sequence: Grade 6

	Lesson Themes	Objectives—Students Will Be Able To
<p>EMPATHY AND COMMUNICATION</p>	<p>LESSON 1: Working in Groups</p>	<p>Identify behaviors involved in listening and respecting others' ideas</p> <p>Apply group communication skills</p> <p>Define <i>empathy</i></p> <p>Apply empathy skills while identifying feelings</p>
	<p>LESSON 2: Friends and Allies</p>	<p>Apply empathy skills</p> <p>Apply active listening skills</p> <p>Identify ways to make friends and join groups</p> <p>Define the term <i>ally</i> and identify when and how to be one</p>
	<p>LESSON 3: Considering Perspectives</p>	<p>Understand that people's perspectives are based on their feelings, experiences, and needs or wants</p> <p>Recognize the value in being able to consider another's perspective</p> <p>Apply perspective-taking skills</p>
	<p>LESSON 4: Disagreeing Respectfully</p>	<p>Apply perspective-taking skills</p> <p>Distinguish between disrespectful and respectful disagreement</p> <p>Identify and apply effective communication skills</p> <p>Apply skills to give constructive feedback</p>
	<p>LESSON 5: Being Assertive</p>	<p>Distinguish differences between passive, assertive, and aggressive communication styles</p> <p>Identify and assume the physical and verbal characteristics of assertive communication</p> <p>Apply assertive communication skills</p>
<p>BULLYING PREVENTION</p>	<p>LESSON 6: Recognizing Bullying</p>	<p>Recognize and define <i>bullying</i></p> <p>Understand how bullying can affect them and their peers</p> <p>Empathize with individuals who are bullied</p> <p>Understand what they can do if they or someone they know is bullied</p>
	<p>LESSON 7: Bystanders</p>	<p>Recognize and define the role of a bystander in bullying</p> <p>Understand how a bystander can be a part of the problem or part of the solution</p> <p>Apply empathic concern and perspective taking</p> <p>Identify ways to be part of the solution to bullying</p>

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EMOTION MANAGEMENT	LESSON 8: Emotions—Brain and Body	<p>Understand what happens to their brains and bodies when they experience strong emotions</p> <p>Identify the first three Steps for Staying in Control</p> <p>Understand why using self-talk is a key to managing emotions</p> <p>Apply self-talk strategies</p>
	LESSON 9: Calming-Down Strategies	<p>Apply centered breathing techniques correctly</p> <p>Recognize self-talk that intensifies or calms down strong feelings</p> <p>Use self-talk to manage emotions</p> <p>Identify calming-down strategies that work best for them</p>
	LESSON 10: Using the Action Steps	<p>Analyze a problem by stating what the problem is and identifying the perspectives of those involved</p> <p>Generate multiple options for solving a problem</p> <p>Understand how to consider each option and decide on the best one</p> <p>Apply the first four Action Steps</p>
PROBLEM SOLVING	LESSON 11: Making a Plan	<p>Generate a plan for carrying out an option</p> <p>Apply the Action Steps</p> <p>Understand how to make amends</p>
	LESSON 12: Tobacco and Marijuana	<p>Define <i>addiction</i> and understand its dangers</p> <p>Identify the personal, health, and social consequences of using tobacco and marijuana</p> <p>Identify consequences that they consider their personal best reasons for not using tobacco and marijuana</p>
	LESSON 13: Alcohol and Inhalants	<p>Identify the personal, health, and social consequences of using alcohol and inhalants</p> <p>Identify consequences that they consider their personal best reasons for not using alcohol or inhalants</p>
SUBSTANCE ABUSE PREVENTION	LESSON 14: Identifying Hopes and Plans	<p>Identify their hopes and plans for the future</p> <p>Identify the ways that using alcohol, tobacco, marijuana, and inhalants can interfere with their hopes and plans for the future</p> <p>Identify how people who care about their future would be affected if they knew they were using alcohol or other drugs</p>
	LESSON 15: Making a Commitment	<p>Generate individual commitments to stay free from alcohol and other drugs</p> <p>Identify skills to help maintain their commitments</p> <p>Review and apply Stepping Up skills to certain situations</p>