

2023- 2024: Second Step Middle School Curriculum

DATES	Grade 5	Grade 6	Grade 7	Grade 8
9/21	Unit 1: Growth mindset & Goal setting Lesson 1 The right goal for me	Unit 1: Mindsets and Goals Lesson 2 & 3 -How to Grow Your Brain -Trying New Strategies	Unit 1: Mindsets and Goals Lesson 2 & 3 -Creating new Pathways -Learning from Mistakes & Failure	Unit 1: Mindsets and Goals Lesson 2, 3 & 4 -Who am I? My Identity -My Interests & Strengths -Harnessing my Strengths
10/5	Unit 1: Lesson 2 My Plan	Unit 1: Lesson 4 & 5 -Making Goals Specific Breaking Down Your Goals	Unit 1: Lesson 4, 5 & 6 -Identifying Roadblocks -Overcoming Roadblocks 1 & 2	Unit 1: Lesson 5 & 6 -Pursuing My Interests -My Future Self
10/19	Unit 1: Lesson 3 Changing my plan	Unit 2: Recognizing Bullying and Harassment Lesson 8 Common types of bullying	Unit 1: Lesson 7 -Performance Task: Advice on Roadblocks	Unit 1: Lesson 7 Performance Task: My Path Forward
11/2	Unit 1: Lesson 4 Time to Reflect	Unit 2: Lesson 9 Recognizing Bullying	Unit 2: Recognizing Bullying & Harassment Lesson 8 -What is Harassment?	Unit 2: Recognizing Bullying & Harassment Lesson 8 Understanding Bullying
11/16	Unit 1: Lesson 5 My 10 min goal	Unit 2: Lesson 10 Responding to online bullying	Unit 2: Lesson 9 -What is Sexual Harassment?	Unit 2: Lesson 9 Social Factors that Contribute to Bullying
12/14	Unit 2: Emotion Management Lesson 6 Strong emotions	Unit 2: Lesson 11 How to be an Upstander	Unit 2: Lesson 10 The Effects of Sexual Harassment	Unit 2: Lesson 10 Environmental Factors that Contribute to Bullying

1/4	Unit 2: Lesson 7 What is stress?	Unit 2: Lesson 12 Standing up and staying safe	Unit 2: Lesson 11 Gender- Based Harassment	Unit 2: Lesson 11 Speak Up and Start a Movement
1/11	Unit 2: Lesson 8 Planning for change	Unit 2: Lesson 13 Performance Task: Raising Awareness About Bullying	Unit 2: Lesson 12 Our Rights and Responsibilities	Unit 2: Lesson 12 Be Inclusive and Ask for Change
1/25	Unit 2: Lesson 9 What can I change?	Unit 3:Thoughts, Emotions, and Decisions Lesson 14 What emotions tell you	Unit 2: Lesson 13 Performance Task: Preventing Harassment	Unit 2: Lesson 13 Performance Task: Stand up for Change!
2/8	Unit 2: Lesson 10 Making a change	Unit 3: Lesson 15 Emotions and your brain	Unit 3: Thoughts Emotions & Decisions Lesson 14 Emotions Matter	Unit 3: Thoughts Emotions & Decisions Lesson 14 Understanding Stress & Anxiety
2/15	Pep rally day	Pep rally day	Pep rally day	Pep rally day
2/29	Unit 3: Lesson 12 What's the problem?	Unit 3: Lesson 17 Managing Your Emotions	Unit 3: Lesson 16 Unhelpful Thoughts	Unit 3: Lesson 16 Can Stress Help you Grow?
3/7	Unit 3: Lesson 13 A Different Point of View	Unit 3: Lesson 18 What Works Best for You?	Unit 3: Lesson 17 Reframe the Situation	Unit 3: Lesson 17 Strategies for Managing Stress
3/14	Unit 3: Lesson 14 Community Solutions	Unit 3: Lesson 19 Performance Task: Raising Awareness About Managing Emotions	Unit 3: Lesson 18 Practicing Positive Self- Talk	Unit 3: Lesson 18 Changing Strategies and Getting Help
3/21	Unit 3: Lesson 15 Your Solution	Unit 4: Managing Relationships and Social Conflict	Unit 3: Lesson 19 Performance Task: Making Better	Unit 3: Lesson 19 Performance Task: My Stress- Management Plan

		Lesson 20 You're Changing	Decisions	
4/3	Unit 4: Problem-Solving Lesson 16 Beginning to STEP	Unit 4: Lesson 21 Why Conflicts Escalate	Unit 4: Managing Relationships & Social Conflict Lesson 20 What Makes a Conflict Escalate?	Unit 4: Managing Relationships & Social Conflict Lesson 20 & 21 -My Values -Values & Relationships
4/10	Unit 4: Lesson 17 When? Where? Who?	Unit 4: Lesson 22 Considering Multiple Perspectives	Unit 4: Lesson 21 Keeping your Cool in Conflict	Unit 4: Lesson 22 & 23 -Recognizing Others' Perspectives -Finding the Best Solution
5/9	Unit 4: Lesson 18 Solutions Web	Unit 4: Lesson 23 Respectful Communication	Unit 4: Lesson 22 Conflicts and Perspectives	Unit 4: Lesson 24 & 25 -Making Things Right -Unhealthy Relationships
5/22	Unit 4: Lesson 19 Let's Reflect	Unit 4: Lesson 24 Resolving Challenging Conflicts	Unit 4: Lesson 23 & 24 Resolving Conflict Part 1 & Part 2	Unit 4: Lesson 26 Performance Task: Guide to Healthy Relationships
6/6	Unit 4: Lesson 20 Putting it all together	Unit 4: Lesson 25 & 26 -Making Amends -Performance Task: Conflict Solvers	Unit 4: Lesson 25 & 26 -Taking Responsibility for your Actions -Performance Task: Tips for Resolving Conflicts	Unit 4: Lesson 27 High School Challenges