

Lesson	Grade 6	Grade 7	Grade 8
<b>Prepare to teach Unit 1: read unit plan, watch Quick Start Guide, read lesson resources</b>			
<b>Unit 1: Mindset &amp; Goals</b>			
Lesson 1	Starting Middle School (1a) or Helping New Students (1b)	Starting Middle School (1a) or Helping New Students (1b)	Welcome!
Lesson 2	How to Grow Your Brain	Creating New Pathways in Your Brain	Who Am I? My Identity
Lesson 3	Trying New Solutions	Learning from Mistakes and Failure	My Interests and Strengths
Lesson 4	Making Goals Specific	Identifying Roadblocks	Harnessing My Strengths
Lesson 5	Breaking Down Your Goals	Overcoming Roadblocks 1	Pursuing My Interests
Lesson 6	Monitoring Your Progress	Overcoming Roadblocks 2	My Future Self
Lesson 7	Performance Task: Bringing It All Together	Performance Task: Advice on Roadblocks	Performance Task: My Path Forward
<b>Prepare to teach Unit 2: read unit plan, watch Quick Start Guide, read lesson resources</b>			
<b>Unit 2: Recognizing Bullying &amp; Harassment</b>			
Lesson 8	Common Types of Bullying	What is Harassment?	Understanding Bullying
Lesson 9	Recognizing Bullying	What is Sexual Harassment?	Social Factors that Contribute to Bullying
Lesson 10	Responding to Online Bullying	The Effects of Sexual Harassment	Environmental Factors that Contribute to Bullying
Lesson 11	How to Be an Upstander	Gender-Based Harassment	Speak Up and Start a Movement
Lesson 12	Standing Up and Staying Safe	Our Rights and Responsibilities	Be Inclusive and Ask for Change
Lesson 13	Performance Task: Raising Awareness About Bullying	Performance Task: Preventing Harassment	Performance Task: Stand Up for Change
<b>Prepare to teach Unit 3: read unit plan, watch Quick Start Guide, read lesson resources</b>			
<b>Unit 3: Thoughts, Emotions &amp; Decisions</b>			
Lesson 14	What Emotions Tell You	Emotions Matter	Understanding Stress and Anxiety
Lesson 15	Emotions and Your Brain	Feel, Think, Do	Where Does Stress Come From?
Lesson 16	How Emotions Affect Your Decisions	Unhelpful Thoughts	Can Stress Help You Grow?
Lesson 17	Managing Your Emotions	Reframe the Situation	Strategies for Managing Stress
Lesson 18	What Works Best for You?	Practicing Positive Self-Talk	Changing Strategies and Getting Help
Lesson 19	Performance Task: Raising Awareness About Managing Emotions	Performance Task: Making Better Decisions	Performance Task: My Stress-Management Plan
<b>Prepare to teach Unit 4: read unit plan, watch Quick Start Guide, read lesson resources</b>			
<b>Unit 4: Managing Relations &amp; Social Conflict</b>			
Lesson 20	You're Changing	What Makes a Conflict Escalate?	My Values
Lesson 21	Why Conflicts Escalate	Keeping Your Cool in a Conflict	Values and Relationships
Lesson 22	Considering Multiple Perspectives	Conflicts and Perspectives	Recognizing Others' Perspectives
Lesson 23	Respectful Communication	Resolving Conflict Part 1	Finding the Best Solution
Lesson 24	Resolving Challenging Conflicts	Resolving Conflict Part 2	Making Things Right
Lesson 25	Making Amends	Taking Responsibility for Your Actions	Unhealthy Relationships
Lesson 26	Performance Task: Conflict Solvers	Performance Task: Tips for Resolving Conflicts	Performance Task: Guide to Healthy Relationships
Lesson 27 (GB only)	—	—	High School Challenges