

Lesson Overview and Areas of Focus



Unit 1: Social Skill Development

7.1 Set to Win: Goal Setting

Students learn how to set and reach personal goals. Students also learn to recognize and manage potential obstacles that can get in the way of reaching a goal.

- **Goal Setting Steps**
- **Goal Setting Criteria**
- **Identify Resources for Support**

7.2 The Decision is Yours Decision Making

Students learn to plan their actions, evaluate their choices, and problem solve using the steps for responsible decision making. Students also examine how goals, peers, media, and family influence decisions.

- **Decision Making Model**
- **Understanding Consequences**
- **Predicting Positive and Negative Consequences**
- **Personal Responsibility**

7.3 Understanding Me: Identifying and Managing Emotions

Students learn to recognize and manage their emotions using healthy strategies. Students analyze how emotions and self-awareness influence decision making. Students also learn to discern the emotions of others and demonstrate care and respect for self and others.

- **Identify Intense Emotions**
- **Physical Signals of Emotions**
- **Emotion Management Strategies**
- **Impact of Emotions on Decisions**

7.4 Say it With Style: Effective Communication

Students learn and apply effective communication skills to handle conflict peacefully, share feelings and ideas with others, and enhance cooperation in order to maintain positive relationships. Students also analyze how perceptions and emotions can influence communication.

- **Elements of Communication**
- **Non-Verbal Communication**
- **Differentiate Assertive, Aggressive, and Passive Communication**

7.5 The Right Connection: Bonding and Relationships

Students learn and apply peer refusal strategies and peer selection skills to promote healthy bonding and connectedness. Students identify the benefits of belonging to positive peer groups as well as the effects of associating with negative peer groups.

- **Empathy**
- **Peer Refusal Strategies**
- **Assertiveness and Peer Refusal**
- **Benefits of Positive Peer Groups**
- **Understanding Influence**

Unit 2: Skill Application

7.6 Celebrating Differences: Respect for Self and Others

Students consider their own strengths and weaknesses and study their effects on sense of self. Students explore the relationship between confidence and self-respect and their effect on emotions, attitudes, and behavior. Students explore the benefits of individual differences in building rewarding, long term relationships.

- **Positive Self Talk**
- **Celebrating Differences**

7.7 Meeting Point: Conflict Resolution

Students compare the potential consequences of handling conflict in healthy ways and learn to recognize conflict as an opportunity to learn about oneself and to listen respectfully to different points of view. Students also demonstrate cooperation as an approach to resolving conflict.

- **Listening with Respect**
- **Cooperation**
- **Consequences of various Approaches to Conflict**

7.8 Anger Outlet: Anger Management

Students identify healthy, effective anger management techniques. Students describe the role of personal responsibility in a peaceful response to anger-provoking situations. Students also demonstrate how to reframe self-talk to reduce anger and differentiate the actions that can escalate and deescalate a conflict.

- **Anger Management Strategies**
- **Personal Responsibility**
- **De-escalation Strategies**

7.9 Home Base: Identifying and Managing Bullying Situations

Students identify bullying behaviors and examine several motivations for bullying. Students also demonstrate healthy solutions for targets and witnesses to respond to bullying behavior and healthy alternatives to bullying behavior. Students differentiate snitching and reporting.

- **Bullying Behavior Defined**
- **Snitching vs. Reporting**
- **Benefits of Reporting**

7.10 Site Survey: Peer Violence

Students examine the precursors to peer violence including unresolved conflict, social pressure, rumors, and unmanaged emotion. Students examine the consequences of violence for the aggressor, target, and witness.

- **Identify Behaviors that Escalate Conflict**
- **Warning Signs for Violence**
- **Consequences of Violence**