## Unit 1: Social Skill Development

### 7.1 Set to Win: Goal Setting
- Goal Setting Steps
- Goal Setting Criteria
- Identify Resources for Support

### 7.2 The Decision is Yours: Decision Making
- Decision Making Model
- Understanding Consequences
- Predicting Positive and Negative Consequences
- Personal Responsibility

### 7.3 Understanding Me: Identifying and Managing Emotions
- Identify Intense Emotions
- Physical Signals of Emotions
- Emotion Management Strategies
- Impact of Emotions on Decisions

### 7.4 Say it With Style: Effective Communication
- Elements of Communication
- Non-Verbal Communication
- Differentiate Assertive, Aggressive, and Passive Communication

### 7.5 The Right Connection: Bonding and Relationships
- 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
- Positive Self Talk
- Celebrating Differences

### 7.7 Meeting Point: Conflict Resolution
- Listening with Respect
- Cooperation
- Consequences of various Approaches to Conflict

### 7.8 Anger Outlet: Anger Management
- Anger Management Strategies
- Personal Responsibility
- De-escalation Strategies

### 7.9 Home Base: Identifying and Managing Bullying Situations
- Bullying Behavior Defined
- Snitching vs. Reporting
- Benefits of Reporting

### 7.10 Site Survey: Peer Violence
- Identify Behaviors that Escalate Conflict
- Warning Signs for Violence
- Consequences of Violence

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