### Unit 1: Social Skill Development

#### 3.1 Program Designer:
- **Goal Setting**
  - Students learn how to set and reach personal goals. Students also learn to track personal progress toward their goal.

  - **Define a Goals**
  - **Steps to Name a Reachable Goal**
  - **Name a Personal Goal**
  - **Identify Resources to Help Reach a Goal**

#### 3.2 Consider the Consequences:
- **Decision Making**
  - Students learn to plan their actions, evaluate their choices, and generate alternative solutions using the steps for responsible decision making. Students also determine whether decisions should be made alone or with the help of a responsible adult.

  - **Decision Making Model**
  - **Understanding Consequences**
  - **When to Ask for Adult Assistance in Making a Decision**

#### 3.3 Getting to Know Me:
- **Identifying and Managing Emotions**
  - Students recognize a variety of emotions and the physical signals of specific emotions. Students learn to manage their emotions and express feelings using I-messages. Students also discern the emotions of others and demonstrate care and respect for self and others.

  - **Identify Various Emotions**
  - **Physical Signals of Emotions**
  - **Feelings and Behavior**
  - **Healthy ways to Manage Emotions**

#### 3.4 Listening Program Active:
- **Effective Communication**
  - Students learn and demonstrate active listening skills to show caring and respect. Students also learn and demonstrate effective speaking skills to enhance and maintain positive relationships.

  - **Elements of Communication**
  - **Non-Verbal Communication**
  - **Role of Speaker and Listener**
  - **Effective Speaking Skills**
  - **Active Listening Skills**

#### 3.5 Human Interface:
- **Bonding and Relationships**
  - Students compare healthy and unhealthy friendship qualities and learn the benefits of bonding with prosocial others. Students also apply effective communication skills to support and encourage others.

  - **Healthy Friendship Qualities**
  - **Benefits of Prosocial Behavior**
  - **Approaches to making and keeping friends**
  - **Apply Effective Communication to Support Others**

### Unit 2: Social Skill Application

#### 3.6 Respect Matters:
- **Respect for Self and Others**
  - Students learn how respect for self, others, and property positively affects their personal well-being and that of others. Students discuss the impact of effective communication and respecting differences on connecting with others.

  - **Define Respect**
  - **Demonstrate Respect**
  - **Explore the role of respecting differences and communication on bonding**

#### 3.7 Tuning Frequencies:
- **Conflict Resolution**
  - Students learn that conflict is normal and demonstrate the effectiveness of cooperation and the ineffectiveness of competition in resolving a conflict. Students explore points of view and use cooperative problem-solving skills to reach a solution.

  - **Peace and Conflict Defined**
  - **Perspective Taking**
  - **Impact of Alcohol use on Reaching Goals**
  - **Peaceful Conflict Resolution Strategies**

#### 3.8 Reset Function:
- **Anger Management & Mindfulness**
  - Students study the physical sensations of anger and recognize the warning signs of conflict. Students distinguish angry feelings from aggressive actions and demonstrate ways to use self-control to manage angry feelings.

  - **Define thoughts and events that trigger anger**
  - **Differentiate Feelings and Actions**
  - **Apply self-control to manage anger**

#### 3.9 Short Circuit:
- **Identifying and Managing Bullying Situations**
  - Students learn that bullying is different from everyday conflict and practice recognizing different types of bullying behaviors. Students demonstrate effective bullying response strategies and practice assertive communication skills.

  - **Define Bully, Target, and Witness**
  - **Best Practices for managing bullying situations**

#### 3.10 Advanced Programming:
- **Problem Solving**
  - Students learn to generate ideas to solve a problem and learn the benefits of working together and to encourage one another’s ideas and solutions. Students recall and apply goal setting, decision making, effective communication, emotion management, and healthy relationship skills.

  - **Brainstorm to generate ideas**
  - **Identify various solutions to solve a problem**
  - **Course Review**

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