

## Empathy and Communication

### **Lesson 1: Working in Groups**

Students will be able to:

- Identify behaviors involved in listening and respecting others' ideas.
- Apply group communication skills.
- Define *empathy*.
- Apply empathy skills while identifying feelings.

### **Lesson 2: Friends and Allies**

Students will be able to:

- Apply empathy skills.
- Apply active listening skills.
- Identify ways to make friends and join groups.
- Define the term *ally* and identify when and how to be one.

### **Lesson 3: Considering Perspectives**

Students will be able to:

- Understand that people's perspectives are based on their feelings, experiences, and needs or wants.
- Recognize the value in being able to consider another's perspective.
- Apply perspective-taking skills.

### **Lesson 4: Disagreeing Respectfully**

Students will be able to:

- Apply perspective-taking skills.
- Distinguish between disrespectful and respectful disagreement.
- Identify and apply effective communication skills.
- Apply skills to give constructive feedback.

### **Lesson 5: Being Assertive**

Students will be able to:

- Distinguish differences between passive, assertive, and aggressive communication styles.
- Identify and assume the physical and verbal characteristics of assertive communication.
- Apply assertive communication skills.

## Bullying Prevention

### **Lesson 6: Recognizing Bullying**

Students will be able to:

- Recognize and define *bullying*.
- Understand how bullying can affect them and their peers.
- Empathize with individuals who are bullied.
- Understand what they can do if they or someone they know is bullied.

### **Lesson 7: Bystanders**

Students will be able to:

- Recognize and define the role of a bystander in bullying.
- Understand how a bystander can be a part of the problem or part of the solution.
- Apply empathic concern and perspective taking.
- Identify ways to be part of the solution to bullying.

## Emotion Management

### **Lesson 8: Emotions—Brain and Body**

Students will be able to:

- Understand what happens to their brains and bodies when they experience strong emotions.
- Identify the first three Steps for Staying in Control.
- Understand why using self-talk is a key to managing emotions.
- Apply self-talk strategies.

### **Lesson 9: Calming-Down Strategies**

Students will be able to:

- Apply centered breathing techniques correctly.
- Recognize self-talk that intensifies or calms down strong feelings.
- Use self-talk to manage emotions.
- Identify calming-down strategies that work best for them.

### Problem Solving

#### **Lesson 10: Using the Action Steps**

Students will be able to:

- Analyze a problem by stating what the problem is and identifying the perspectives of those involved.
- Generate multiple options for solving a problem.
- Understand how to consider each option and decide on the best one.
- Apply the first four Action Steps.

#### **Lesson 11: Making a Plan**

Students will be able to:

- Generate a plan for carrying out an option.
- Apply the Action Steps.
- Understand how to make amends.

### Substance Abuse Prevention

#### **Lesson 12: Tobacco and Marijuana**

Students will be able to:

- Define *addiction* and understand its dangers.
- Identify the personal, health, and social consequences of using tobacco and marijuana.
- Identify consequences that they consider their personal best reasons for not using tobacco and marijuana.

#### **Lesson 13: Alcohol and Inhalants**

Students will be able to:

- Identify the personal, health, and social consequences of using alcohol and inhalants.
- Identify consequences that they consider their personal best reasons for not using alcohol or inhalants.

#### **Lesson 14: Identifying Hopes and Plans**

Students will be able to:

- Identify their hopes and plans for the future.
- Identify the ways that using alcohol, tobacco, marijuana, and inhalants can interfere with their hopes and plans for the future.
- Identify how people who care about their future would be affected if they knew they were using alcohol or other drugs.

#### **Lesson 15: Making a Commitment**

Students will be able to:

- Generate individual commitments to stay free from alcohol and other drugs.
- Identify skills to help maintain their commitments.
- Review and apply Stepping Up skills to certain situations.

## Empathy and Communication

### Lesson 1: Working in Groups

Students will be able to:

- Understand the relevance of the Stepping In program to their lives.
- Identify skills that contribute to successful group work.
- Apply communication skills.
- Define *empathy* and apply empathy skills.

### Lesson 2: Disagreeing Respectfully

Students will be able to:

- Distinguish between disrespectful and respectful disagreement.
- Apply perspective-taking skills.
- Apply skills for communicating their own perspective effectively.
- Apply skills for giving constructive feedback.

### Lesson 3: Negotiating and Compromising

Students will be able to:

- Identify how to solve a problem using the Action Steps.
- Identify a problem from the perspectives of those involved.
- Generate solutions to scenarios using strategies of negotiation and compromise (win-win strategies).
- Apply the Action Steps to problem solving in given scenarios.

### Lesson 4: Giving and Getting Support

Students will be able to:

- Apply empathy skills.
- Understand when and how to give support by being an ally.
- Identify when and how to go to an adult for help and when to encourage friends to seek help from an adult.
- Apply assertive communication skills.

## Bullying Prevention

### Lesson 5: Responding to Bullying

Students will be able to:

- Recognize and define bullying and bystander behaviors.
- Empathize with people who are bullied.
- Identify strategies to deal with bullying and help others who are bullied.
- Understand how a bystander can be part of the problem or part of the solution.

### Lesson 6: Cyber Bullying

Students will be able to:

- Recognize that technology is sometimes used for bullying.
- Understand ways they can be “part of the solution” to cyber bullying.
- Understand strategies for dealing with cyber bullying.

### Lesson 7: Sexual Harassment

Students will be able to:

- Recognize and define *sexual harassment*.
- Differentiate between flirting or joking and sexual harassment.
- Apply assertiveness skills to refuse sexual harassment.
- Understand their school's sexual harassment policy and legal implications.

## Emotion Management

### Lesson 8: Understanding Anger

Students will be able to:

- Understand that out-of-control anger can result in destructive outcomes.
- Understand what happens to their brains and bodies when they experience strong emotions.
- Recognize the physical and mental signs that lead to strong emotions.
- Identify and apply strategies for staying in control of their emotions.

### Lesson 9: Staying in Control

Students will be able to:

- Understand why it is important to check their assumptions.
- Understand and apply calming-down strategies.
- Apply the Think Twice Step for checking assumptions.
- Apply the Steps for Staying in Control for managing emotions.

### Lesson 10: Coping with Stress

Students will be able to:

- Understand that coping means consciously doing something positive to handle stress.
- Understand that avoiding dealing with stress can make feelings worse.
- Understand how positive self-talk can change your attitude.
- Identify coping strategies (calming down, getting support, taking action).

## Substance Abuse Prevention

### Lesson 11: Myths and Facts

Students will be able to:

- Identify basic facts about how their brains and bodies are affected by substance abuse.
- Identify how substance abuse can negatively affect their lives.
- Distinguish myths from facts about substances and substance abuse.

### Lesson 12: Norms and Attitudes

Students will be able to:

- Recognize that the majority of people their age do not use substances.
- Clarify their attitudes about alcohol and other drug abuse.
- Generate a personal commitment not to use alcohol and other drugs for the next year.

### Lesson 13: Making Good Decisions

Students will be able to:

- Apply the Action Steps to making decisions about avoiding substance abuse.
- Understand how friends can support each other to remain substance-free.

## Empathy and Communication

### Lesson 1: Working in Groups

Students will be able to:

- Identify skills, behaviors, and attitudes that contribute to successful group work.
- Apply communication and group-work skills.
- Define *empathy*.

### Lesson 2: Leaders and Allies

Students will be able to:

- Understand the importance of being a positive leader.
- Identify actions that will inspire younger students.
- Apply empathy skills.
- Define *ally* and identify how to be one.

### Lesson 3: Handling a Grievance

Students will be able to:

- Identify skills for effectively communicating about a grievance with someone.
- Apply perspective taking to handling a grievance.
- Apply assertiveness skills to communicating about a grievance.
- Apply constructive feedback skills.

### Lesson 4: Negotiating and Compromising

Students will be able to:

- Solve a problem using the Action Steps.
- Identify a problem from the perspectives of those involved.
- Generate solutions using strategies of negotiation and compromise (win-win strategies).
- Apply the Action Steps to problem solving.

## Bullying Prevention

### Lesson 5: Bullying in Friendships

Students will be able to:

- Recognize and identify bullying within social or friendship groups.
- Understand what they can do about bullying within relationships.
- Understand how a bystander can be part of the problem or part of the solution.
- Apply empathic concern and perspective taking.

### Lesson 6: Labels, Stereotypes, and Prejudice

Students will be able to:

- Recognize that labels, stereotypes, and prejudice can contribute or lead to bullying or unfair treatment of others.
- Recognize that all people are individuals beyond a label or stereotype.
- Understand that increased empathy can reduce the negative effects of labeling, stereotypes, and prejudice.
- Identify and practice empathic skills.

### Lesson 7: Bullying in Dating Relationships

Students will be able to:

- Recognize and identify bullying within dating relationships.
- Understand what they can do about bullying within dating relationships.
- Identify strategies to assess risk and safely avoid bullying in dating relationships.

### Emotion Management

#### **Lesson 8: De-Escalating a Tense Situation**

Students will be able to:

- Understand what happens to their brains and bodies when they experience strong emotions.
- Identify personal strategies to “pause” and calm down.
- Understand how self-talk can lead to escalation or de-escalation of anger, aggression, and conflict.
- Understand how spectators’ responses can lead to escalation.

#### **Lesson 9: Coping with Stress**

Students will be able to:

- Identify their individual style of dealing with stress.
- Understand that avoiding dealing with stress can make feelings worse.
- Understand that coping means consciously doing something positive to handle stress.
- Identify steps and strategies for coping with stress.

### Goal Setting

#### **Lesson 10: Making Your Plan**

Students will be able to:

- Define a goal.
- Understand the process and benefits of setting goals.
- Apply the Action Steps to goal setting.
- Identify a group goal and the steps to reach it.

#### **Lesson 11: Evaluating Your Plan**

Students will be able to:

- Evaluate goal-setting strategies used by themselves and others.
- Understand the motivational power of goals.
- Apply the Action Steps to their individual goals.
- Understand the importance of small steps and learning from failure.

### Substance Abuse Prevention

#### **Lesson 12: Identifying Future Goals**

Students will be able to:

- Explain how using alcohol and other drugs can interfere with goals, hopes, and plans.
- Understand how positive self-talk can help them avoid using substances, such as alcohol and other drugs.
- Apply positive self-talk skills to drug and alcohol resistance strategies.

#### **Lesson 13: Keeping Your Commitment**

Students will be able to:

- Generate assertive statements to counter thoughts or beliefs that interfere with making a decision not to use alcohol and other drugs.
- Generate a one-year commitment to stay free of alcohol and other drugs.
- Identify skills that will help them maintain their commitments.