

Lesson	Concepts	Objectives—Students will be able to:
1. Empathy and Respect	<ul style="list-style-type: none"> The <i>Second Step</i> program helps you succeed at school. Having respect and empathy helps you get along with others. 	<ul style="list-style-type: none"> Define <i>empathy</i> Define <i>respect</i>
2. Listening with Attention	<ul style="list-style-type: none"> Listening with attention helps you learn, work with others, and make friends. 	<ul style="list-style-type: none"> Demonstrate listening-with-attention skills
3. Being Assertive	<ul style="list-style-type: none"> Being assertive means asking for what you want or need in a calm, firm, respectful voice. Being assertive can help you be successful in a variety of social and academic situations. 	<ul style="list-style-type: none"> Identify passive, aggressive, and assertive responses Demonstrate assertive responses with their partners
4. Predicting Feelings	<ul style="list-style-type: none"> Being able to predict how what you do or say might make other people feel is respectful and will help you get along better with others. 	<ul style="list-style-type: none"> Predict how others might feel as a result of their or another's actions State the cause and effects of a given action
5. Taking Others' Perspectives	<ul style="list-style-type: none"> Others may have different perspectives. Being able to recognize someone else's perspective helps you get along with others. 	<ul style="list-style-type: none"> Demonstrate the ability to take someone else's perspective.
6. Accepting Differences	<ul style="list-style-type: none"> Accepting differences and finding similarities can create mutual respect and friendship. 	<ul style="list-style-type: none"> Identify similarities and differences between two people Define <i>prejudice</i>
7. Disagreeing Respectfully	<ul style="list-style-type: none"> Disagreeing respectfully involves using Assertiveness Skills. Disagreeing respectfully helps you strengthen your relationships, avoid misunderstandings, and prevent aggressive conflicts. 	<ul style="list-style-type: none"> Distinguish between respectful and disrespectful ways to disagree Communicate their own perspectives Demonstrate skills for disagreeing respectfully
8. Responding with Compassion	<ul style="list-style-type: none"> <i>Compassion</i> is saying kind words or doing something to show you care about how another person feels. Showing compassion for others is the respectful, kind thing to do. Having empathy helps you show compassion. 	<ul style="list-style-type: none"> Demonstrate knowledge of how to respond with compassion

Lesson	Concepts	Objectives —Students will be able to:
9. Introducing Emotion Management	<ul style="list-style-type: none"> When you have strong, unmanaged emotions, it can lead to negative behavior and consequences. 	<ul style="list-style-type: none"> Describe what happens in their brains and bodies when they experience strong emotions Identify a personal signal Identify and name strong feelings
10. Calming Down	<ul style="list-style-type: none"> Calming down emotions that are getting out of control helps you think clearly so you can avoid negative consequences. 	<ul style="list-style-type: none"> Identify situations in which they might need to calm down Learn the technique for deep, centered breathing Identify and demonstrate other Calming-Down Strategies (using positive self-talk, counting, taking a break)
11. Managing Anxiety	<ul style="list-style-type: none"> Managing your anxiety effectively makes it easier to focus and succeed in social and academic situations. 	<ul style="list-style-type: none"> Identify social situations that can cause anxiety Apply what they've learned about calming down in scenarios causing social anxiety
12. Managing Frustration	<ul style="list-style-type: none"> Frustration can get in the way of learning. Managing frustration reduces the chance of doing something you may regret later. 	<ul style="list-style-type: none"> Identify physical signs of frustration Demonstrate reducing frustration by using the Calming-Down Steps
13. Resisting Revenge	<ul style="list-style-type: none"> Getting revenge can make problems worse. 	<ul style="list-style-type: none"> Identify consequences of revenge Generate alternatives for seeking revenge Demonstrate using the Calming-Down Steps
14. Handling Put-Downs	<ul style="list-style-type: none"> Calming down helps you handle put-downs and avoid escalating conflicts. 	<ul style="list-style-type: none"> Identify strategies for handling put-downs Demonstrate what they've learned about the Calming-Down Steps Demonstrate assertive responses to put-downs
15. Avoiding Assumptions	<ul style="list-style-type: none"> Calming down strong emotions helps you think clearly about a situation and make better decisions. 	<ul style="list-style-type: none"> Identify emotion-management strategies Demonstrate Assertiveness Skills Identify and use positive self-talk statements to avoid making assumptions

Lesson	Concepts	Objectives—Students will be able to:
16. Solving Problems, Part 1	<ul style="list-style-type: none"> Solving problems helps you be successful at school. 	<ul style="list-style-type: none"> Recall the S: Say the problem step of the Problem-Solving Steps State a problem without blaming anyone
17. Solving Problems, Part 2	<ul style="list-style-type: none"> Solving problems helps you be successful at school. 	<ul style="list-style-type: none"> Generate safe and respectful solutions to a problem Identify consequences of potential solutions Select an appropriate solution to a problem
18. Making a Plan	<ul style="list-style-type: none"> Some solutions to problems are complicated and need a plan. Plans help you break down a big task into smaller, more manageable parts. 	<ul style="list-style-type: none"> Explain the purpose of making a plan Create a three-step plan to carry out a solution to a problem
19. Seeking Help	<ul style="list-style-type: none"> Seeking help from a trusted adult is sometimes the best solution. 	<ul style="list-style-type: none"> State the Problem-Solving Steps Demonstrate using Assertiveness Skills when seeking help
20. Dealing with Gossip	<ul style="list-style-type: none"> Malicious gossip is hurtful and not respectful to others. 	<ul style="list-style-type: none"> Identify why some gossip is harmful Generate ideas for refusing or avoiding harmful gossip Demonstrate using the Problem-Solving Steps to deal with gossip
21. Dealing with Peer Pressure	<ul style="list-style-type: none"> It is okay to say no to others, and it is okay for them to say no to you. Negative emotions like guilt and remorse can be reasons not to go along with peer pressure. 	<ul style="list-style-type: none"> Demonstrate using assertiveness skills to resist peer pressure Demonstrate using the Problem-Solving Steps to figure out ways to resist peer pressure
22. Reviewing <i>Second Step</i> Skills	<ul style="list-style-type: none"> The skills and concepts learned in the <i>Second Step</i> program can help you succeed in school. 	<ul style="list-style-type: none"> Identify <i>Second Step</i> skills and concepts being used in scenarios students might encounter at school Include <i>Second Step</i> skills in a written script about solving a problem