

6th Grade Unit Overviews

Unit	Main Lesson Titles	Expected Outcomes
Unit 1: Respect	Lesson 1: R.E.S.P.E.C.T. - Respecting Ourselves Lesson 2: R.E.S.P.E.C.T. - The Respect Effect Lesson 3: R.E.S.P.E.C.T. - What our School Says About Respect Lesson 4: R.E.S.P.E.C.T. - In Our Culture Project: A Guidebook for Respect	<ul style="list-style-type: none"> ● Explain the importance of self-care as the core to respect for self. ● Expand their understanding of respect to through both interpersonal and community based interactions. ● Synthesize their knowledge of respect as it applies to themselves, others, and the school through the development of a guidebook utilized throughout the duration of 6th grade.
Unit 2: Caring	Lesson 1: Toss in Self-Care Lesson 2: A Meal of Gratitude Lesson 3: Find Your Empathy Lesson 4: Compassion Wall Project: The Caring Award	<ul style="list-style-type: none"> ● Utilize self-care tools and methods to increase a feeling of self worth. ● Develop the skills of empathy and compassion for both people they know personally and others within their community. ● Practice both giving and receiving gratitude through a foundation of kindness.
Unit 3: Inclusiveness	Lesson 1: Friendship vs. Clique: Evaluating our Level of Inclusiveness Lesson 2: Is it Fair, Equitable, Both, or Neither? Lesson 3: Be An Upstander Lesson 4: Making Inclusive School Spaces Project: New Student Welcome Packet	<ul style="list-style-type: none"> ● Define inclusiveness as it applies to both themselves and to their community as a whole. ● Evaluate their immediate surroundings through a lens of equity and fairness. ● Practice inclusiveness as they work together within their classroom to create a safe place for all who enter the space.
Unit 4: Integrity	Lesson 1: Clean vs. Cloudy Lesson 2: Notice the Difference Lesson 3: Making Choices Lesson 4: Qualities of Success Project: Digital Citizenship Storyboards	<ul style="list-style-type: none"> ● Examine their own level of integrity across a variety of situations, both with peers and individually. ● Practice creating and accomplishing SMART goals.
Unit 5: Responsibility	Lesson 1: Stations of Responsibility Lesson 2: Rights vs. Responsibilities Lesson 3: Social Responsibility Lesson 4: Digital Responsibility Project: Responsibility Log	<ul style="list-style-type: none"> ● Explore responsible words and actions in social settings, both physical and online. ● Evaluate responsibilities in online spaces and with technology devices. ● Explain the connection between freedom and responsibility.
Unit 6: Courage	Lesson 1: Have You Ever? Lesson 2: One of a Kind Lesson 3: Class Humility Lesson 4: Build Me Up! Project: Random Acts of Kindness Photo Collage	<ul style="list-style-type: none"> ● Gain a deeper understanding of the kindness and courage required to embrace humility in a variety of situations. ● Examine what courage looks like within their own lives and how to incorporate a variety of courageous moments moving forward. ● Draw connections between vulnerability and courage.

7th Grade Unit Overviews

Unit	Main Lesson Titles	Expected Outcomes
Unit 1: Respect	Lesson 1: Using I-Messages Lesson 2: Active Listening Lesson 3: Assessing Media Messages for Respect Lesson 4: Respect for Other Cultures Project: Respect Commercial	<ul style="list-style-type: none">● Explain the importance of self-care as the core to respect for self.● Expand their understanding of respect to through both interpersonal and technology based interactions.● Synthesize their knowledge of respect as it applies to themselves, others, and the community through the development of a respect commercial.
Unit 2: Caring	Lesson 1: Self-Care Scattered Categories Lesson 2: Simple Gratitude Lesson 3: Choose Your Empathy Lesson 4: Compassion Challenge Project: Caring for Our School	<ul style="list-style-type: none">● Utilize self-care tools and methods to increase a feeling of self worth.● Expand their skills of empathy and compassion for both people they know personally and others within their community.● Practice both giving and receiving gratitude through a foundation of kindness.
Unit 3: Inclusiveness	Lesson 1: Identity Circles Lesson 2: A Fairness Perspective Lesson 3: The Equity Challenge Lesson 4: Finding Your Voice Project: Inclusiveness Children's Story	<ul style="list-style-type: none">● Explore the concept of inclusiveness and how it is applied within the school and the community at large.● Analyze the difference between fairness and equality.● Identify ways to create opportunities for self-inclusion that can also lead to including others.
Unit 4: Integrity	Lesson 1: Levels of Honesty Lesson 2: Resisting Temptation Lesson 3: Breaking It Down Lesson 4: Seeing It Through Project: Digital Citizenship Posters	<ul style="list-style-type: none">● Examine their own level of integrity across a variety of situations, both with peers and individually.● Practice creating and accomplishing SMART goals.
Unit 5: Responsibility	Lesson 1: Taking Responsibility Lesson 2: Rings of Responsibility Lesson 3: How We See Responsibility Lesson 4: The Nature of Responsibility Project: Investigating Food Waste in Our School	<ul style="list-style-type: none">● Increase personal responsibility through words and actions in social settings, both physical and online.● Evaluate responsibilities in online spaces and with technology devices.● Explain the connection between freedom and responsibility.● Analyze responsible food consumption and waste in America.
Unit 6: Courage	Lesson 1: Ever Done That? Lesson 2: Self-Proclaimed Hero Lesson 3: Servant Leaders Lesson 4: Verbal vs. Nonverbal Communication Project: Random Acts of Kindness Photo Journal	<ul style="list-style-type: none">● Practice utilizing the kindness and courage required to embrace humility in a variety of situations.● Examine what courage looks like within their own lives and how to incorporate a variety of courageous moments moving forward.● Explain the connection between vulnerability and courage.

8th Grade Unit Overviews

Unit	Main Lesson Titles	Expected Outcomes
Unit 1: Respect	Lesson 1: The Mindset of Respect Lesson 2: Fixed Mindset vs. Growth Mindset Lesson 3: Self Image and Self Esteem Lesson 4: Respect is a Human Right Project: Growth Mindset & Respect Bathroom Posters	<ul style="list-style-type: none">● Practice utilizing healthy self-care strategies as a demonstration of self-respect.● Expand understanding of respect from a biological, brain-based perspective.● Synthesize knowledge of respect through an in-depth analysis of the effects of self-care and productivity.
Unit 2: Caring	Lesson 1: 20 Questions Lesson 2: School Gratitude Lesson 3: In My Place Lesson 4: Empathy + Compassion Project: Caring for Me	<ul style="list-style-type: none">● Utilize self-care tools and methods to increase their own self-respect.● Examine current life situations and highlight areas of gratitude, no matter how small.● Practice demonstrating genuine empathy and compassion for others within their own community.
Unit 3: Inclusiveness	Lesson 1: Inclusive School Discussion Lesson 2: Becoming Upstander Lesson 3: Walk in Their Shoes Lesson 4: Responding to Peer Pressure Project: Building a Kind and Caring Culture	<ul style="list-style-type: none">● Apply the concept of inclusiveness within their school to increase accessibility for all students.● Explain the difference between fairness and equality.● Understand the difference between equality and equity.
Unit 4: Integrity	Lesson 1: Shortcut or Loophole? Lesson 2: Rebuilding Trust Lesson 3: Start Small Lesson 4: Shout it Out! Project: Digital Citizenship Guide	<ul style="list-style-type: none">● Examine their own level of integrity across a variety of situations, both with peers and individually.● Practice creating and accomplishing SMART goals.
Unit 5: Responsibility	Lesson 1: Building Self Discipline Lesson 2: Sources of Responsibility Lesson 3: Conflict in Responsibility Lesson 4: Shifting Responsibility Project: Responsibility Guidebook	<ul style="list-style-type: none">● Practice accepting personal responsibility through words and actions in social settings, both physical and online.● Evaluate responsibilities in online spaces and with technology devices.● Demonstrate and understanding between freedom and responsibility
Unit 6: Courage	Lesson 1: Identity Round Robin Lesson 2: What Makes an Awesome Leader? Lesson 3: The “Humblebrag” Lesson 4: Culture of Kindness Project: Kindness Bombs	<ul style="list-style-type: none">● Identify personal examples that promote the use of humility as a courageous tool to treat others with kindness.● Examine what courage looks like within their own lives and how to incorporate a variety of courageous moments moving forward.● Provide examples of how vulnerability and courage are connected.