## 6th Grade Unit Overviews

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<thead>
<tr>
<th>Unit</th>
<th>Main Lesson Titles</th>
<th>Expected Outcomes</th>
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| 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 | ● 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 | ● 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 | ● 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 | ● 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 | ● 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 | ● 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

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<th>Unit</th>
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| 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 | ● 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 | ● 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 | ● 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 | ● 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 | ● 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 | ● 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

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<tr>
<td><strong>Unit 1: Respect</strong></td>
<td><strong>Lesson 1:</strong> The Mindset of Respect  &lt;br&gt; <strong>Lesson 2:</strong> Fixed Mindset vs. Growth Mindset  &lt;br&gt; <strong>Lesson 3:</strong> Self Image and Self Esteem  &lt;br&gt; <strong>Lesson 4:</strong> Respect is a Human Right  <strong>Project:</strong> Growth Mindset &amp; Respect Bathroom Posters</td>
<td>• Practice utilizing healthy self-care strategies as a demonstration of self-respect.  &lt;br&gt; • Expand understanding of respect from a biological, brain-based perspective.  &lt;br&gt; • Synthesize knowledge of respect through an in-depth analysis of the effects of self-care and productivity.</td>
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<td><strong>Unit 2: Caring</strong></td>
<td><strong>Lesson 1:</strong> 20 Questions  &lt;br&gt; <strong>Lesson 2:</strong> School Gratitude  &lt;br&gt; <strong>Lesson 3:</strong> In My Place  &lt;br&gt; <strong>Lesson 4:</strong> Empathy + Compassion  <strong>Project:</strong> Caring for Me</td>
<td>• Utilize self-care tools and methods to increase their own self-respect.  &lt;br&gt; • Examine current life situations and highlight areas of gratitude, no matter how small.  &lt;br&gt; • Practice demonstrating genuine empathy and compassion for others within their own community.</td>
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<td><strong>Unit 3: Inclusiveness</strong></td>
<td><strong>Lesson 1:</strong> Inclusive School Discussion  &lt;br&gt; <strong>Lesson 2:</strong> Becoming Upstander  &lt;br&gt; <strong>Lesson 3:</strong> Walk in Their Shoes  &lt;br&gt; <strong>Lesson 4:</strong> Responding to Peer Pressure  <strong>Project:</strong> Building a Kind and Caring Culture</td>
<td>• Apply the concept of inclusiveness within their school to increase accessibility for all students.  &lt;br&gt; • Explain the difference between fairness and equality.  &lt;br&gt; • Understand the difference between equality and equity.</td>
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<td><strong>Unit 4: Integrity</strong></td>
<td><strong>Lesson 1:</strong> Shortcut or Loophole?  &lt;br&gt; <strong>Lesson 2:</strong> Rebuilding Trust  &lt;br&gt; <strong>Lesson 3:</strong> Start Small  &lt;br&gt; <strong>Lesson 4:</strong> Shout it Out!  <strong>Project:</strong> Digital Citizenship Guide</td>
<td>• Examine their own level of integrity across a variety of situations, both with peers and individually.  &lt;br&gt; • Practice creating and accomplishing SMART goals.</td>
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<td><strong>Unit 5: Responsibility</strong></td>
<td><strong>Lesson 1:</strong> Building Self Discipline  &lt;br&gt; <strong>Lesson 2:</strong> Sources of Responsibility  &lt;br&gt; <strong>Lesson 3:</strong> Conflict in Responsibility  &lt;br&gt; <strong>Lesson 4:</strong> Shifting Responsibility  <strong>Project:</strong> Responsibility Guidebook</td>
<td>• Practice accepting personal responsibility through words and actions in social settings, both physical and online.  &lt;br&gt; • Evaluate responsibilities in online spaces and with technology devices.  &lt;br&gt; • Demonstrate and understanding between freedom and responsibility</td>
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<td><strong>Unit 6: Courage</strong></td>
<td><strong>Lesson 1:</strong> Identity Round Robin  &lt;br&gt; <strong>Lesson 2:</strong> What Makes an Awesome Leader?  &lt;br&gt; <strong>Lesson 3:</strong> The “Humblebrag”  &lt;br&gt; <strong>Lesson 4:</strong> Culture of Kindness  <strong>Project:</strong> Kindness Bombs</td>
<td>• Identify personal examples that promote the use of humility as a courageous tool to treat others with kindness.  &lt;br&gt; • Examine what courage looks like within their own lives and how to incorporate a variety of courageous moments moving forward.  &lt;br&gt; • Provide examples of how vulnerability and courage are connected.</td>
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