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

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

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