

# Guidance – 8th Grade

Fall 2012

## (8.1) Empathy and Communication

HF #	Objective
1	Identify skills, behaviors and attitudes that contribute to successful group work
2	Apply communication and group-work skills
3	Define <i>empathy</i>
4	Understand the importance of being a positive leader
5	Identify actions that will inspire younger students
6	Apply empathy skills
7	Define <i>ally</i> and identify how to be one
8	Identify skills for effectively communication about a grievance with someone
9	Apply perspective taking to handling a grievance
10	Apply assertiveness skills to communicating about a grievance
11	Apply constructive feedback skills
12	Solve a problem using the Action Steps
13	Identify a problem from the perspectives of those involved
14	Generate solutions using strategies of negotiation and compromise(win-win strategies)
15	Apply the Action Steps to problem solving

## (8.2) Bullying Prevention

HF#	Objective
16	Recognize and identify bullying within social or friendship groups
17	Understand what they can do about bullying within relationships
18	Understand how a bystander can be part of the problem or part of the solution
19	Apply empathic concern and perspective taking
20	Recognize that labels, stereotypes and prejudice can contribute or lead to bullying or unfair treatment of others
21	Recognize that all people are individuals beyond a label or stereotype
22	Understand that increased empathy can reduce the negative effects of labeling, stereotypes and prejudice
23	Identify and practice empathic skills
24	Recognize and identify bullying within dating relationships
25	Understand what they can do about bullying within dating relationships
26	Identify strategies to assess risk and safely avoid bullying in dating relationships

# Guidance – 8th Grade

Fall 2012

## (8.3) Emotion Management

HF#	Objective
27	Understand what happens to their brains and bodies when they experience strong emotions
28	Identify personal strategies to “pause” and calm down
29	Understand how self-talk can lead to escalation or de-escalation of anger, aggression and conflict
30	Understand how spectators’ responses can lead to escalation
31	Identify their individual style of dealing with stress
32	Understand that avoiding dealing with stress can make feelings worse
33	Understand that coping means consciously doing something positive to handle stress
34	Identify steps and strategies for coping with stress

## (8.4) Goal Setting

HF#	Objective
35	Define a goal
36	Understand the process and benefits of setting goals
37	Apply the Action Steps to goal setting
38	Identify a group goal and the steps to reach it
39	Evaluate goal-setting strategies used by themselves and others
40	Understand the motivational power of goals
41	Apply the Action Steps to their individual goals
42	Understand the importance of small steps and learning from failure

## (8.5) Substance Abuse Prevention

HF#	Objective
43	Explain how using alcohol and other drugs can interfere with goals, hopes and plans
44	Understand how positive self-talk can help them avoid using substances, such as alcohol and other drugs
45	Apply positive self-talk skills to drug and alcohol resistance strategies
46	Generate assertive statements to counter thoughts or beliefs that interfere with making a decision not to use alcohol and other drugs
47	Generate a one-year commitment to stay free of alcohol and other drugs
48	Identify skills that will help them maintain their commitments