

Guidance – 6th Grade

Fall 2012

(6.1) Empathy and Communication

HF #	Objective
1	Identify behaviors involved in listening and respecting others' ideas
2	Apply group communication skills
3	Define <i>empathy</i>
4	Apply empathy skills while identifying feelings
5	Apply empathy skills
6	Apply active listening skills
7	Identify ways to make friends and join groups
8	Define the term <i>ally</i> and identify when and how to be one
9	Understand that people's perspectives are based on their feelings, experiences and needs or wants
10	Recognize the value in being able to consider another's perspective
11	Apply perspective-taking skills
12	Apply perspective-taking skills
13	Distinguish between disrespectful and respectful disagreement
14	Identify and apply effective communication skills
15	Apply skills to give constructive feedback
16	Distinguish differences between passive, assertive and aggressive communication styles
17	Identify and assume the physical and verbal characteristics of assertive communication
18	Apply assertive communication skills

(6.2) Bullying Prevention

HF#	Objective
19	Recognize and define <i>bullying</i>
20	Understand how bullying can affect them and their peers
21	Empathize with individuals who are bullied
22	Understand what they can do if they or someone they know is bullied
23	Recognize and define the role of a bystander in bullying
24	Understand how a bystander can be a part of the problem or part of the solution
25	Apply empathetic concern and perspective taking
26	Identify ways to be part of the solution to bullying

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(6.3) Emotion Management

HF#	Objective
27	Understand what happens to their brains and bodies when they experience strong emotions
28	Identify the first three Steps for Staying in Control
29	Understand why using self-talk is a key to managing emotions
30	Apply self-talk strategies
31	Apply centered breathing techniques correctly
32	Recognize self-talk that intensifies or calms down strong feelings
33	Use self-talk to manage emotions
34	Identify calming-down strategies that work best for them

(6.4) Problem Solving

HF#	Objective
35	Analyze a problem by stating what the problem is and identifying the perspectives of those involved
36	Generate multiple options for solving a problem
37	Understand how to consider each option and decide on the best one
38	Apply the first four Action Steps
39	Generate a plan for carrying out an option
40	Apply the Action Steps
41	Understand how to make amends

(6.5) Substance Abuse Prevention

HF#	Objective
42	Define <i>addiction</i> and understand its dangers
43	Identify the personal, health and social consequences of using tobacco and marijuana
44	Identify consequences that they consider their personal best reasons for not using tobacco and marijuana
45	Identify the personal, health and social consequences of using alcohol and inhalants
46	Identify consequences that they consider their personal best reasons for not using alcohol or inhalants
47	Identify their hopes and plans for the future
48	Identify the ways that using alcohol, tobacco, marijuana and inhalants can interfere with their hopes and plans for the future
49	Identify how people who care about their future would be affected if they knew they were using alcohol or other drugs
50	Generate individual commitments to stay free from alcohol and other drugs
51	Identify skills to help maintain their commitments
52	Review and apply Stepping Up skills to certain situations