

Guidance – 7th Grade

Fall 2012

(7.1) Empathy and Communication

HF #	Objective
1	Understand the relevance of the Stepping In program to their lives
2	Identify skills that contribute to successful group work
3	Apply communication skills
4	Define <i>empathy</i> and apply empathy skills
5	Distinguish between disrespectful and respectful disagreement
6	Apply perspective-taking skills
7	Apply skills for communicating their own perspective effectively
8	Apply skills for giving constructive feedback
9	Identify how to solve a problem using the Action Steps
10	Identify a problem from the perspectives of those involved
11	Generate solutions to scenarios using strategies of negotiation and compromise(win-win strategies)
12	Apply the Action Steps to problem solving in given scenarios
13	Apply empathy skills
14	Understand when and how to give support by being an ally
15	Identify when and how to go to an adult for help and when to encourage friends to seek help from an adult
16	Apply assertive communication skills

(7.2) Bullying Prevention

HF#	Objective
17	Recognize and define <i>bullying</i> and <i>bystander behaviors</i>
18	Empathize with people who are bullied
19	Identify strategies to deal with bullying and help others who are bullied
20	Understand how a bystander can be part of the problem or part of the solution
21	Recognize that technology is sometimes used for bullying
22	Understand ways they can be “part of the solution” to cyber bullying
23	Understand strategies for dealing with cyber bullying
24	Recognize and define sexual harassment
25	Differentiate between flirting or joking and sexual harassment
26	Apply assertiveness skills to refuse sexual harassment
27	Understand their school’s sexual harassment policy and legal implications

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(7.3) Emotion Management

HF#	Objective
28	Understand that out-of-control anger can result in destructive outcomes
29	Understand what happens to their brains and bodies when they experience strong emotions
30	Recognize the physical and mental signs that lead to strong emotions
31	Identify and apply strategies for staying in control of their emotions
32	Understand why it is important to check their assumptions
33	Understand and apply calming-down strategies
34	Apply the Think Twice Step for checking assumptions
35	Apply the Steps for Staying in Control for managing emotions
36	Understand that coping means consciously doing something positive to handle stress
37	Understand that avoiding dealing with stress can make feelings worse
38	Understand how positive self-talk can change your attitude
39	Identify coping strategies(calming down, getting support, taking action)

(7.4) Substance Abuse Prevention

HF#	Objective
40	Identify basic facts about how their brains and bodies are affected by substance abuse
41	Identify how substance abuse can negatively affect their lives
42	Distinguish myths from facts about substances and substance abuse
43	Recognize that the majority of people their age do not use substances
44	Clarify their attitudes about alcohol and other drug abuse
45	Generate a personal commitment not to use alcohol and other drugs for the next year
46	Apply the Action Steps to making decisions about avoiding substance abuse
47	Understand how friends can support each other to remain substance-free