

SOCIAL AND EMOTIONAL SUCCESS

CONTENT OUTLINE SCOPE AND SEQUENCE

UNIT 1 – IMPORTANT LIFE SKILLS

CHOOSING PURPOSE

- Make Powerful Decisions
- Manage Stress
- Living Self-Disciplined & Self-Motivated
- Life-Changing Goals
- Organizational Skills

SOCIAL SKILLS

- Social Awareness
- Perspective is Everything
- Dynamic Empathy
- Diversity Expansion
- Respect Creates Connection

HEALTHY RELATIONSHIPS

- Relationship Skills
- Communication Matters
- Embracing Society
- Meaningful Relationships
- The Dream Team

SUCCESSFUL DECISION-MAKING

- Identifying Problems
- Critical Thinking
- Problem-Solving
- Evaluating & Reflecting
- Choosing Humanity

UNIT 2 – MINDFULNESS

ENGINEERING CONSCIOUSNESS

- Philosophy in Life
- The Idea of Self
- Becoming Aware
- Mindfulness
- Processing Adversity

MINDFULNESS PRACTICES AND PRINCIPLES

- Meditation
- Mantra and Verbal Reinforcements
- Science & Neuroscience
- Inclusion
- Music & Mood

LEARNING THE BASICS

- Listening
- Thinking & Speaking
- Seeking to Understand
- Body Language and Voice Tone
- Facial Expressions

KNOWING YOURSELF

- Face Your Emotions
- See Yourself

Identify Your Strengths
Build Self-Confidence
Believe in Yourself

UNIT 3 – BARRIERS TO SUCCESS

MAKING POWERFUL DECISIONS

Death of a Loved One
Pornography and Guilt
Successfully Returning to School
Digital Citizenship and Safety
Overcoming Traumatic Memories

CRISIS MANAGEMENT

Gangs, Guns and Fighting
Suicide Prevention and Education
Adrenaline and Aggression
Learned Helplessness
Mood and Behavior Management

PAIN TO PURPOSE

Dealing with Divorce and Separation
Confusion, Pain & Identity
Self-Harm and Staying Safe
The Consequences of Drugs
Diversity and Inclusion

DEALING WITH TRAUMA

Identifying Trauma
Trauma with Sexual Abuse and Molestation
Family Challenges Around Trauma
Emotional or Physical Trauma
Sexual Pressure

UNIT 4 – REDIRECTING MY LIFE

INTRODUCTION TO SUBSTANCE ABUSE

Drugs and the Body and Mind
Marijuana, Nicotine, Tobacco and Cigarettes
Stimulants and Depressants
Vaping and JUULing
The Impact of Drugs on Your Relationships

INTERVENTION CAN HELP YOU

Living Drug Free and Overcoming Drugs
Coping with Grief, Loss and Shame
Truancy: Absenteeism and Missing School
Swearing and Degrading Words
Suspension and Expulsion

SOCIAL AND SELF-AWARENESS SKILLS

Cultural Implications within Family and Learned Behavior
Primary and Secondary Impacts of Behavior
Restoring Yourself and Others
Sex Safety, Education and Boundaries
Sexual Abuse

COPING STRATEGIES

Suicide Prevention
Avoiding Exploitation (Human Trafficking)
Negative Thinking Patterns
Coping with Loss and Separation
Trauma and Behavior