

## 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

## 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