



**Unit 1: Understanding  
Self**

**Unit 2: Understanding  
Others**

**Unit 3: Mindset**

**Unit 4: Decision Making  
Process**

## Scope and Sequence 9<sup>th</sup> Grade

Lesson Title	Objective
<b>Lesson 1: Emotions and Thinking</b>	Identify the relationship between emotions and the thought process.
<b>Lesson 2: Emotional Expression</b>	Identify and understand how you express emotions. Identify healthy ways to express emotions.
<b>Lesson 3: Self- Awareness</b>	Describe and demonstrate self-awareness of emotions.
<b>Lesson 4: Empathy vs. Sympathy</b>	Identify the differences between empathy and sympathy. Practice empathetic responses.
<b>Lesson 5: Conflict</b>	Identify types of conflict. Understand the positive and negative impacts of conflict.
<b>Lesson 6: Conflict</b>	Understand that conflict is normal. Identify the 3 most common ways to deal with conflict.
<b>Lesson 7: Types of Relationships</b>	Identify types of relationships. Understand boundaries and how to have healthy relationships.
<b>Lesson 8: How I Study</b>	Identify and discover personal learning styles and study skills.
<b>Lesson 9: Growth Mindset</b>	Describe a growth mindset and the advantages of having a growth mindset. Identify your mindset.
<b>Lesson 10: Goals</b>	Understand why it is important to have goals. Write SMART Goals.
<b>Lesson 11: Rules/ Norms/Manners</b>	Identify rules, norms, and manners in your culture. Understand the consequences for breaking rules, norms, and manners.
<b>Lesson 12: Decision Making Process</b>	Identify the steps in the decision making process. Practice using the decision making process.
<b>Lesson 13: Peer Pressure</b>	Identify and practice ways to respond to peer pressure.
<b>Lesson 14: Cyber Choices</b>	Understand that what is posted on the internet is permanent and one is responsible for everything they post. Understand that private may not actually be private on the internet.