



Pacing Guide

Middle School

Ensuring that all lesson instructors are following an established Second Step® Middle School teaching schedule helps align schoolwide expectations, promotes effective and sustainable teaching practices, and improves program outcomes.

WEEK	DATE	GRADE 6	GRADE 7	GRADE 8
Unit 1: Mindsets & Goals				
1		Lesson 1A Starting Middle School	Lesson 1A Starting Middle School	Lesson 1 Welcome!
		Lesson 1B Helping New Students	Lesson 1B Helping New Students	
2		Lesson 2 How to Grow Your Brain	Lesson 2 Creating New Pathways in Your Brain	Lesson 2 Who Am I? My Identity
3		Lesson 3 Trying New Strategies	Lesson 3 Learning from Mistakes and Failure	Lesson 3 My Interests and Strengths
4		Lesson 4 Making Goals Specific	Lesson 4 Identifying Roadblocks	Lesson 4 Harnessing My Strengths
5		Lesson 5 Breaking Down Your Goals	Lesson 5 Overcoming Roadblocks 1	Lesson 5 Pursuing My Interests
6		Lesson 6 Monitoring Your Progress	Lesson 6 Overcoming Roadblocks 2	Lesson 6 My Future Self
7		Lesson 7-Performance Task Bringing It All Together	Lesson 7-Performance Task Advice on Roadblocks	Lesson 7-Performance Task My Path Forward
Unit 2: Recognizing Bullying & Harassment				
8		Lesson 8 Common Types of Bullying	Lesson 8 What Is Harassment?	Lesson 8 Understanding Bullying
9		Lesson 9 Recognizing Bullying	Lesson 9 What Is Sexual Harassment?	Lesson 9 Social Factors that Contribute to Bullying
10		Lesson 10 Responding to Cyberbullying	Lesson 10 The Effects of Sexual Harassment	Lesson 10 Environmental Factors that Contribute to Bullying
11		Lesson 11 How to Be an Upstander	Lesson 11 Gender-Based Harassment	Lesson 11 Speak Up and Start a Movement
12		Lesson 12 Standing Up and Staying Safe	Lesson 12 Our Rights and Responsibilities	Lesson 12 Be Inclusive and Change Policies
13		Lesson 13-Performance Task Raising Awareness About Bullying	Lesson 13-Performance Task Preventing Harassment	Lesson 13-Performance Task Stand Up for Change!



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Unit 3: Thoughts, Emotions & Decisions				
14		Lesson 14 What Emotions Tell You	Lesson 14 Emotions Matter	Lesson 14 Understanding Stress and Anxiety
15		Lesson 15 Emotions and Your Brain	Lesson 15 Feel, Think, Do	Lesson 15 Where Does Stress Come From?
16		Lesson 16 How Emotions Affect Your Decisions	Lesson 16 Unhelpful Thoughts	Lesson 16 Can Stress Help You Grow?
17		Lesson 17 Managing Your Emotions	Lesson 17 Reframing Unhelpful Thoughts	Lesson 17 Strategies for Managing Stress
18		Lesson 18 What Works Best for You?	Lesson 18 Practicing Positive Self-Talk	Lesson 18 Changing Strategies and Getting Help
19		Lesson 19-Performance Task Raising Awareness About Managing Emotions	Lesson 19-Performance Task Making Better Decisions	Lesson 19-Performance Task My Stress-Management Plan
Unit 4: Managing Relationships & Social Conflict				
20		Lesson 20 We're Changing	Lesson 20 What Makes a Conflict Escalate?	Lesson 20 My Values
21		Lesson 21 Why Conflicts Escalate	Lesson 21 Keeping Your Cool in a Conflict	Lesson 21 Values and Relationships
22		Lesson 22 Considering Multiple Perspectives	Lesson 22 Conflicts and Perspectives	Lesson 22 Recognizing Others' Perspectives
23		Lesson 23 Respectful Communication	Lesson 23 Resolving Conflict Part 1	Lesson 23 Finding the Best Solution
24		Lesson 24 Resolving Challenging Conflicts	Lesson 24 Resolving Conflict Part 2	Lesson 24 Making Things Right
25		Lesson 25 Making Amends	Lesson 25 Taking Responsibility for Your Actions	Lesson 25 Unhealthy Relationships
26		Lesson 26-Performance Task Conflict Solvers	Lesson 26-Performance Task Tips for Resolving Conflicts	Lesson 26-Performance Task Guide to Healthy Relationships
27*				Lesson 27 High School Challenges

*+1 additional Grade 8 lesson to help prepare for high school

How do I prepare for Second Step Middle School lessons?

You know your students better than we do. Modify lessons to fit your students' needs and maturity levels. Use relevant stories and scenarios that are appropriate for your school community.

To prepare for each unit:

(5–7 minutes)

- ☐ Watch the Unit Quick Start Guide at the beginning of each new unit for helpful teaching tips, needed context, and support throughout the school year.

To prepare for teaching each lesson:

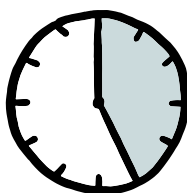
(~5–10 minutes)

- ☐ Read the lesson plan.
- ☐ Preview the lesson screens and videos.
- ☐ Print a set of student handouts for the class, or prepare handouts for online distribution.

What do I need to know about Second Step Middle School?



26–27
lessons
per grade



Lessons last **25
minutes each**



Each web-based lesson has a ready-to-use lesson plan with teacher scripts, plus a student handout.