



Scope and Sequence — Grades 9–12

Lesson #	Unit/Topic	9th Grade		10th Grade		11th Grade		12th Grade	
		Lesson Title	Focus	Lesson Title	Focus	Lesson Title	Focus	Lesson Title	Focus
Unit 1: Self-Awareness and Growth									
1	Identifying personal strengths, values, and interests	Discovering Who I Am	Students explore self-discovery: hobbies, talents, personal values.	My Strengths, Values, and Goals	Students connect strengths and values to goal-setting and academic choices.	Who I Want to Be	Students engage in thoughtful reflection, exploring careers and connecting personal values with future opportunities.	Launching My Future	Students reflect on how their personal strengths and core values shape the decisions they make as they prepare for adulthood.
2	Recognizing and managing emotions and mental wellness	Exploring Complex Emotions	Students explore naming emotions, emotional triggers, and awareness of mental wellness basics.	Taking Charge of Emotions	Students discuss and learn about the effects of managing emotions versus not managing them.	Keeping It Balanced	Students explore and discuss the balance of academics, extracurricular activities, relationships and emotional well-being.	Managing Emotions Beyond High School	Students prepare for the transition into adulthood by applying emotional regulation skills, recognizing when to seek help, and how to sustain mental wellness.
3	Developing self-concept, growth mindset, and resilience	Who Am I Becoming?	Students develop an understanding of self-concept and identity in order to establish a growth mindset.	Bouncing Back	Students apply a growth mindset to academics, friendships, and daily challenges in order to maintain a strong sense of self.	Strength Through Struggles	Students examine how grit and perseverance help them develop resilience to life's obstacles.	Ready for What's Next	Students prepare for adult transitions with resilience and self-belief in order to navigate the challenges of life after high school.
Unit 2: Self-Management and Motivation									
4	Goal-setting, planning, and staying motivated	Setting SMART Goals	Students learn the method of creating SMART goals and how they help students plan and achieve short- and long-term goals.	Mapping My Goals	Students map out steps toward goals and organize tasks for success	Staying the Course	Students learn strategies to stay persistent, accountable, and motivated when facing challenges	Goals for Life	Students apply goal-setting and planning skills to college, career, and personal long-term goals.
5	Stress management, coping strategies, and self-control (including grief support)	Understanding Stress	Students define and identify stress and personal stressors, and recognize emotional and physical responses.	Strategies for Managing Stress	Students explore practical coping techniques such as deep breathing, mindfulness, and journaling to manage everyday stress.	Managing Grief and Complex Emotions	Students practice self-regulation to manage grief and emotional challenges.	Stress Management in Adulthood	Students apply stress management and coping strategies to college, career, and personal life transitions for long-term well-being.
6	Time management, balance of academics, sleep, activity, and healthy habits	Managing My Minutes	Students explore time management skills, prioritizing tasks, and creating a simple daily schedule to balance school, activities, and rest.	Balancing Life	Students learn strategies to manage homework, extracurriculars, and personal time while maintaining healthy sleep and activity habits.	Healthy Habits for Success	Students learn practical ways to sustain academic performance and personal well-being through consistent sleep, exercise, and nutrition routines.	Planning for Independence	Students apply time management and healthy lifestyle strategies to college, career, and independent living.



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Unit 3: Social Awareness and Respect for Others									
7	Perspective-taking, empathy, and recognizing social cues	Understanding Perspectives	Students explore the importance of considering multiple perspectives.	The Power of Empathy	Students explore strategies that strengthen empathy and connection with others.	Social Awareness in Action	Students practice navigating complex situations using social awareness skills.	Practicing Empathy For Life	Students explore the use of empathy and perspective-taking in diverse settings outside of high school.
8	Building connections across differences	Respecting Differences	Students notice and value differences in peers.	Building Diverse Relationships	Students build positive connections and appreciation for diverse peers.	Collaboration Across Perspectives	Students learn effective strategies for collaborating with peers from diverse backgrounds.	Relationship Skills After Graduation	Students learn how to communicate and build relationships effectively after high school.
9	Understanding personal and cultural values and expressing them through actions	Exploring My Values	Students identify personal values and understand what guides their choices.	Values Shape Choices	Students apply personal values in daily decisions and interactions.	Embracing Differences	Students learn to recognize and appreciate others' values and cultural practices while reflecting on their own.	Values in the Real World	Students demonstrate their personal and cultural values through actions in college, career, and community life.
Unit 4: Relationship Skills and Communication									
10	Building and maintaining healthy relationships (friendships, dating, family)	Bullying Awareness and Prevention	Students examine the impact of bullying, ways to intervene, seeking help from trusted adults, and taking steps to prevent bullying in their school community by building an inclusive culture.	Building Positive Connections	Students learn about healthy friendships, effective communication, and mutual respect.	Strengthening Important Relationships	Students focus on maintaining trust, resolving conflicts, and supporting family and close friends.	Keeping and Strengthening Connections	Students apply relationship skills in adult contexts, including friendships, romantic relationships, and family connections.
11	Effective communication, conflict resolution, and restorative circles (student-led)	Foundations of Effective Communication	Students learn about communication through active listening, clear expression, and respectful conversation skills.	Resolving Conflict Together	Students explore strategies for resolving disagreements respectfully and collaboratively.	Student-Led Conversations for Understanding	Students learn how to participate in restorative circles, share perspectives, and work through issues constructively.	Resolving Conflicts in Various Settings	Students use communication and conflict resolution skills in adult settings, including college, work, and community situations.
12	Setting boundaries, recognizing unhealthy/dangerous relationships, and seeking support	Understanding Personal Boundaries	Students learn about personal boundaries and recognizing situations that feel uncomfortable or unsafe.	Healthy vs. Unhealthy Relationships	Students learn how to recognize healthy versus unhealthy dating behaviors and set appropriate personal boundaries.	Seeking Help With Unsafe Relationships	Students learn how to seek help from trusted adults, counselors, and support networks when facing unsafe or concerning relationships.	Healthy Relationships Beyond High School	Students apply boundary-setting, awareness, and help-seeking skills in adult contexts such as college, workplace, and community.



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Unit 5: Responsible Decision-Making and Safety									
13	Analyzing consequences, risks, and ethical choices (online and offline)	Considering Consequences	Students consider consequences for choices in both online and offline situations.	Thinking Through My Choices	Students develop critical thinking by questioning information, considering multiple perspectives, evaluating options, and using past mistakes as learning opportunities to build confidence in making thoughtful, independent decisions.	Making Ethical Choices	Students learn how to apply ethical principles to decision-making in social, academic, and digital settings.	Responsible Choices for Life	Students explore strategies to make thoughtful, ethical, and safe decisions in college, career, and personal life.
14	Violence prevention, bullying prevention, and safety awareness (including gun safety, trafficking, child abuse)	Recognizing Risks	Students learn about personal safety, recognizing bullying, and basic strategies to stay safe at school and online.	Understanding Violence and Its Impact	Students learn to identify unhealthy or dangerous behaviors, understanding their consequences, and strategies to prevent harm to self and others.	Recognizing Threats and Seeking Help	Students learn to identify signs of trafficking, abuse, and other dangers, and understand how to report or seek help from trusted adults.	Protecting Yourself and Others	Students use safety awareness, violence prevention strategies, and responsible help-seeking in college, work, and community settings.
15	Addiction awareness (vaping, fentanyl, substances, and social media) with safe coping choices	Addictions and Everyday Choices	Students examine how substances, social media, and peer influence affect behavior, while learning to distinguish healthy coping from risky choices and practice making informed, independent decisions.	The Science Behind Addiction	Students explore how addiction develops in the brain through dopamine and habit loops by examining the effects of vaping, alcohol, and digital dependence while learning how self-awareness supports prevention and control.	Choosing Aptitude Over Addiction	Students learn practical coping skills for stress, peer pressure, and emotional challenges without turning to substances or addictive behaviors.	Lifelong Responsible Habits	As students prepare for independence, they explore strategies for balance and resilience in college or the workforce, learn to access community resources, and commit to ongoing self-care and responsible decision-making.



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Unit 6: College and Career Readiness									
16	Exploring career options, employability and workplace skills, and professional networking	Exploring Career Opportunities	Students explore different career pathways, personal strengths, and interests in relation to future opportunities.	Developing Employability Skills	Students learn workplace expectations, punctuality, teamwork, and basic professional behaviors.	Creating Professional Connections	Students learn how to communicate professionally, create connections, and explore mentorship or internship opportunities.	Launching My Career	Students apply employability and networking skills to college, vocational programs, or entry-level careers.
	College exploration, application process, and financial planning/scholarships	Exploring Postsecondary Options	Students explore different postsecondary pathways, including colleges, vocational programs, and other training opportunities, and consider factors for making postsecondary choices.	Preparing for the Application Process	Students explore application requirements, deadlines, and gathering materials for future postsecondary opportunities.	Navigating College Applications	Students learn how to complete applications, write personal statements, and compare options to make informed decisions.	Financing My Future	Students explore financial aid, scholarships, and budgeting strategies for life beyond high school.
	Workplace expectations, financial literacy, and decision-making for future success	Understanding Work Expectations	Students learn about basic workplace expectations, responsibilities, and professional behavior.	Introduction to Financial Literacy	Students explore budgeting, saving, and understanding basic financial concepts for personal and future career planning.	Making Financial and Career Decisions	Students learn to evaluate options, understand outcomes, and make responsible decisions about work, money, and personal responsibilities.	Preparing for Independence	Students use financial literacy, decision-making, and professional skills in college, careers, and adult life.



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Unit 7: Resilience, Mental Health, and Self-Care									
19	Coping with stress, adversity, and grief through healthy outlets	My Mental Health Matters	Students learn that mental health is a component of overall health, explore emotions as natural experiences, and discuss how self-awareness and healthy habits can strengthen mental well-being.	Mental Health and the Brain	Students explore the brain's role in mental health, showing how stress and emotion affect thinking and behavior, how the brain's "alarm system" responds to challenges, and how practices like exercise, rest, and mindfulness help calm and refocus the mind.	Turning Struggles into Strength	Students learn to cope positively with challenges and difficult experiences, including grief.	Knowing When to Get Help	Students explore how to recognize when mental health challenges become overwhelming and when to seek peer or professional support.
	Building support networks, seeking help, and reducing stigma around mental health	Recognizing My Support System	Students learn to recognize trusted people in their lives, understand the support they offer, and practice seeking help, communicating needs, and valuing connection for emotional well-being.	Understanding and Reducing Stigma	Students explore common misconceptions around mental health while being encouraged to have respectful, supportive conversations.	Cultivating a Caring Community	Students discover how their words and actions can foster a supportive, stigma-free culture that prioritizes mental health and kindness.	Using Networks for Well-Being	Students learn to maintain and leverage healthy support systems in college, work, and personal life while promoting mental health awareness.
	Maintaining physical and mental health: nutrition, activity, sleep hygiene, and self-care routines	Healthy Foundations for Body and Mind	Students explore how nutrition, physical activity, and sleep support well-being and academic success, while identifying realistic daily habits to improve focus, mood, and energy.	Tools for Managing Stress and Setbacks	Students learn to recognize stress and anxiety, explore how pressure affects decisions, and practice coping tools like problem-solving, mindfulness, and support from trusted adults to build confidence and emotional balance.	Prioritizing My Mental Health	Students learn strategies for maintaining mental wellness, coping with stress, and practicing self-care.	Habits for Lifelong Wellness	Students integrate nutrition, activity, sleep, and self-care routines into adult life, college, and career environments.



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Unit 8: Leadership, Citizenship, and Lifelong Learning									
22	Leadership skills, teamwork, trust-building, and student-led initiatives	Foundations of Leadership	Students identify leadership qualities, personal strengths, and how they can contribute positively to group settings.	Building Trust and Collaboration	Students explore effective teamwork, communication, and strategies for fostering trust in groups.	Leading With Initiative	Students develop leadership skills by taking initiative, organizing group efforts, and guiding peers with respect and effectiveness.	Applying Leadership and Teamwork Skills	Students transfer leadership, teamwork, and project management skills to college, workplace, and community settings.
23	Digital citizenship, online ethics, privacy, and balanced technology use	Making Smart Digital Choices	Students explore safe and responsible online behavior, privacy basics, and ethical use of technology.	Respectful Online Communication	Students learn respectful digital communication, online etiquette, and how to avoid harmful interactions.	Protecting Myself in a Digital World	Students discover strategies for safeguarding personal information and maintaining digital security.	Managing Screen Time and Online Life	Students apply responsible technology habits, balancing online and offline life, and making thoughtful digital decisions beyond high school.
24	Lifelong curiosity, adaptability, and continuous skill-building	Exploring Interests and Learning New Skills	Students examine the importance of curiosity, trying new things, and discovering personal interests.	Embracing Change in Learning	Students learn about developing flexibility, adjusting to new challenges, and learning from experiences.	Continuing to Learn	Students explore how to set personal learning goals, seek feedback, and improve skills over time.	Preparing for a Lifetime of Growth	Students apply adaptability, curiosity, and skill-building strategies to college, career, and adult life.
Special Topics									
25	Suicide Awareness	Understanding Emotional Struggles	Students learn common signs of emotional distress and suicidal thoughts in themselves and peers, and the importance of noticing changes in behavior.	Safe Ways to Seek Support	Students identify trusted adults, counselors, and resources for help, and are encouraged to seek early intervention.	Responding to Crisis With Care	Students learn strategies to support peers in crisis, communicate compassionately, and guide them to help.	Crisis Awareness and Action	Students apply knowledge of suicide warning signs, support networks, and self-care strategies in college, work, and community life.



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