



Quaver Ready™



Arizona Character Counts Standards and QuaverReady Crosswalk

Grades K–8





	K Lessons	1st Lessons	2nd Lessons
1. Trustworthiness. The student understands how personal choices and actions relate to character building. The student is expected to:			
1.A. Describe how personal choices lead to personal actions	<ul style="list-style-type: none"> • Lesson 2– Following Rules • Lesson 8– Please and Thank You • Lesson 21– I Can Do It • Lesson 22– Controlling Myself • Lesson 24– I Can Make It Better • Lesson 28– Using Kind Words • Lesson 30– What Is Honesty? 	<ul style="list-style-type: none"> • Lesson 2– Rules Help us • Lesson 8– Good Manners • Lesson 14– The Golden Rule • Lesson 21– Positive Mindset • Lesson 22– Practicing My Self Control • Lesson 25– Things I Should Do • Lesson 30– Why Is Honesty Important? 	<ul style="list-style-type: none"> • Lesson 2– The Reason for Rules • Lesson 5– Trustworthiness • Lesson 13– My Habits Are Different From Yours • Lesson 18– Our Differences Affect Our Choices • Lesson 21– Growth Mindset • Lesson 22– Controlling My Emotions • Lesson 30– Telling the Truth
1.B. Explain what it means to be trustworthy	<ul style="list-style-type: none"> • Lesson 30– What Is Honesty? 	<ul style="list-style-type: none"> • Lesson 30– Why Is Honesty Important? 	<ul style="list-style-type: none"> • Lesson 5– Trustworthiness • Lesson 30– Telling the Truth
1.C. Identify personal actions that build trustworthiness, including being honest and punctual	<ul style="list-style-type: none"> • Lesson 2– Following Rules • Lesson 8– Please and Thank You • Lesson 9– Working Together • Lesson 12– Putting Things in Order • Lesson 30– What Is Honesty? 	<ul style="list-style-type: none"> • Lesson 2– Rules Help us • Lesson 8– Good Manners • Lesson 12– Organizing Myself • Lesson 14– The Golden Rule • Lesson 25– Things I Should Do • Lesson 30– Why Is Honesty Important? 	<ul style="list-style-type: none"> • Lesson 2– The Reason for Rules • Lesson 5– Trustworthiness • Lesson 8– Respect For My Family • Lesson 12– Organization Is Important • Lesson 30– Telling the Truth
2. Responsibility. The student understands the concept of personal responsibility and how personal actions demonstrate responsibility. The student is expected to:			
2.A. Describe and give examples of how feelings and beliefs influence personal actions	<ul style="list-style-type: none"> • Lesson 1– I Am Happy • Lesson 5– I Care • Lesson 6– I Am Confident • Lesson 16– How I Feel • Lesson 21– I Can Do It 	<ul style="list-style-type: none"> • Lesson 1– Sharing Happiness • Lesson 5– What I Care About • Lesson 6– Building Confidence • Lesson 16– Showing My Feelings • Lesson 21– Positive Mindset 	<ul style="list-style-type: none"> • Lesson 1– Identifying Strong Feelings • Lesson 5– Trustworthiness • Lesson 6– Showing I Am Confident • Lesson 16– What My Feelings Mean • Lesson 21– Growth Mindset • Lesson 33– What Is a Mood?
2.B. Describe how to make personal choices before speaking and acting	<ul style="list-style-type: none"> • Lesson 8– Please and Thank You • Lesson 20– What's Happening? • Lesson 28– Using Kind Words 	<ul style="list-style-type: none"> • Lesson 8– Good Manners • Lesson 25– Things I Should Do • Lesson 28– Standing Up for Me 	<ul style="list-style-type: none"> • Lesson 24– How to Evaluate Something • Lesson 28– Bullies, Bystanders, and Victims
2.C. Define self-control and identify instances in which self-control is important	<ul style="list-style-type: none"> • Lesson 2– Following Rules • Lesson 7– I Am Growing • Lesson 22– Controlling Myself • Lesson 32– Being Disappointed 	<ul style="list-style-type: none"> • Lesson 2– Rules Help us • Lesson 7– Setting Goals • Lesson 22– Practicing My Self Control • Lesson 32– Understanding Disappointment 	<ul style="list-style-type: none"> • Lesson 2– The Reason for Rules • Lesson 7– Setting a Short-Term Goal • Lesson 22– Controlling My Emotions • Lesson 32– When I Don't Get My Way



	K Lessons	1st Lessons	2nd Lessons
3. Caring. The student understands how personal actions demonstrate characteristics of caring. The student is expected to:			
3.A. Define patience and identify actions that demonstrate patience	<ul style="list-style-type: none"> • Lesson 3– Learning to Listen • Lesson 5– I Care • Lesson 8– Please & Thank You • Lesson 9– Working Together • Lesson 14– Sharing & Taking Turns • Lesson 19– Talking to Each Other • Lesson 22– Controlling Myself • Lesson 23– Understanding Others' Feelings • Lesson 28– Using Kind Words • Lesson 31– Trying New Things 	<ul style="list-style-type: none"> • Lesson 3– Listening Carefully • Lesson 5– What I Care About • Lesson 8– Good Manners • Lesson 9– Parts of a Team • Lesson 14– The Golden Rule • Lesson 19– Having a Conversation • Lesson 22– Practicing My Self-Control • Lesson 23– Understanding My Friends • Lesson 31– Changes Are Okay 	<ul style="list-style-type: none"> • Lesson 3– Listening to Others • Lesson 5– Trustworthiness • Lesson 8– Respect for My Family • Lesson 9– Types of Teams • Lesson 14– Including Others • Lesson 19– People I Can Talk To • Lesson 22– Controlling My Emotions • Lesson 23– Feeling What Others Feel • Lesson 31– What to Do When I Worry
3.B. Explain and identify examples of how actions can demonstrate kindness to others	<ul style="list-style-type: none"> • Lesson 4– Making Friends • Lesson 5– I Care • Lesson 8– Please & Thank You • Lesson 14– Sharing & Taking Turns • Lesson 23– Understanding Others' Feelings • Lesson 28– Using Kind Words 	<ul style="list-style-type: none"> • Lesson 4– Friends are Special • Lesson 5– What I Care About • Lesson 8– Good Manners • Lesson 14– The Golden Rule 	<ul style="list-style-type: none"> • Lesson 4– What Makes a Good Friend • Lesson 5– Trustworthiness • Lesson 8– Respect for My Family • Lesson 14– Including Others • Lesson 23– Feeling What Others Feel
4. Citizenship. The student understands how personal actions can demonstrate good citizenship. The student is expected to:			
4.A. Define fairness and identify examples of fairness in a variety of situations	<ul style="list-style-type: none"> • Lesson 9– Working Together • Lesson 14– Sharing & Taking Turns • Lesson 32– Being Disappointed 	<ul style="list-style-type: none"> • Lesson 9– Parts of a Team • Lesson 14– The Golden Rule • Lesson 32– Understanding Disappointment 	<ul style="list-style-type: none"> • Lesson 9– Types of Teams • Lesson 14– Including Others • Lesson 32– When I Don't Get My Way
4.B. Define and identify examples of patriotism			
4.C. Explain what it means to demonstrate respect and courtesy and why it is important to demonstrate respect and courtesy to others	<ul style="list-style-type: none"> • Lesson 3– Learning to Listen • Lesson 4– Making Friends • Lesson 5– I Care • Lesson 8– Please and Thank You • Lesson 14– Sharing and Taking Turns • Lesson 19– Talking to Each Other • Lesson 23– Understanding Others' Feelings 	<ul style="list-style-type: none"> • Lesson 1– Sharing Happiness • Lesson 3– Listening Carefully • Lesson 14– The Golden Rule 	<ul style="list-style-type: none"> • Lesson 8– Respect for My Family • Lesson 14– Including Others • Lesson 23– Feeling What Others Feel
4.D. Define good citizenship	<ul style="list-style-type: none"> • Lesson 2– Following Rules • Lesson 3– Learning to Listen • Lesson 9– Working Together • Lesson 8– Please and Thank You • Lesson 13– I am Different From You • Lesson 14– Sharing and Taking Turns 	<ul style="list-style-type: none"> • Lesson 2– Rules Help Us • Lesson 3– Listening Carefully • Lesson 9– Parts of a Team • Lesson 14– The Golden Rule 	<ul style="list-style-type: none"> • Lesson 2– The Reason for Rules • Lesson 5– Trustworthiness

	3rd Lessons	4th Lessons	5th Lessons
1. Trustworthiness. The student understands how personal responsibility relates to being trustworthy. The student is expected to:			
1.A. Identify and define traits of trustworthiness, including reliability and loyalty	<ul style="list-style-type: none"> • Lesson 4– Signs of a Strong Friendship • Lesson 5– My Responsibilities • Lesson 9– Building a Strong Team 	<ul style="list-style-type: none"> • Lesson 4– Celebrating Our Friendships • Lesson 5– Understanding Right from Wrong • Lesson 9– Keeping the Team Together • Lesson 10– Making the Right Decision • Lesson 30– Being Honest with Myself and Others 	<ul style="list-style-type: none"> • Lesson 4– Maintaining Friendship Groups • Lesson 5– Being a Responsible Citizen • Lesson 9– Being a Strong Team Leader • Lesson 21– Character Helps Me Succeed • Lesson 22– Empathy In Action • Lesson 29– Technology Safety • Lesson 30– Consequences of Honesty and Dishonesty
1.B. Identify and practice strategies for being honest and punctual	<ul style="list-style-type: none"> • Lesson 12– Organizing and Prioritizing My Time • Lesson 30– What is Integrity? 	<ul style="list-style-type: none"> • Lesson 12– Optimizing My Time • Lesson 30– Being Honest with Myself and Others 	<ul style="list-style-type: none"> • Lesson 2– Practicing Self-Discipline • Lesson 12– Organize, Prioritize, Optimize • Lesson 30– Consequences of Honesty and Dishonesty
1.C. Define and identify examples of unethical behavior	<ul style="list-style-type: none"> • Lesson 2– Making Rules for Myself • Lesson 22– Thinking Things Through • Lesson 28– Assertiveness and Bullying • Lesson 32– How to Lose Respectfully 	<ul style="list-style-type: none"> • Lesson 2– Benefits of Self-Discipline • Lesson 5– Understanding Right from Wrong • Lesson 10– Making the Right Decision • Lesson 24– Evaluating Our Decisions • Lesson 28– Standing Up for Others • Lesson 29– Setting Personal Boundaries 	<ul style="list-style-type: none"> • Lesson 2– Practicing Self-Discipline • Lesson 28– Why Bullies Bully • Lesson 29– Technology Safety • Lesson 30– Consequences of Honesty and Dishonesty • Lesson 32– Handling Broken Promises
2. Responsibility. The student understands how personal choices are associated with responsibility. The student is expected to:			
2.A. Explain what it means to be responsible for personal decisions and actions	<ul style="list-style-type: none"> • Lesson 2– Making Rules for Myself • Lesson 5– My Responsibilities • Lesson 15– What Caused the problem? • Lesson 22– Thinking Things Through • Lesson 30– What is Integrity? 	<ul style="list-style-type: none"> • Lesson 2– Benefits of Self-Discipline • Lesson 5– Understanding Right from Wrong • Lesson 10– Making the Right Decision • Lesson 15– Preventing the Problem • Lesson 16– Improving Myself • Lesson 22– Controlling My Thoughts • Lesson 30– Being Honest with Myself and Others 	<ul style="list-style-type: none"> • Lesson 2– Practicing Self-Discipline • Lesson 5– Being a Responsible Citizen • Lesson 10– Short-Term and Long-Term solutions • Lesson 22– Impulses and My Brain • Lesson 30– Consequences of Honesty and Dishonesty
2.B. Describe positive and negative consequences of personal decisions and actions	<ul style="list-style-type: none"> • Lesson 22– Thinking Things Through • Lesson 30– What is Integrity? 	<ul style="list-style-type: none"> • Lesson 3– Thinking Before Speaking • Lesson 10– Making the Right Decision • Lesson 15– Preventing the Problem • Lesson 22– Controlling My Thoughts • Lesson 24– Evaluating Our Decisions • Lesson 30– Being Honest with Myself and Others 	<ul style="list-style-type: none"> • Lesson 3– Balancing Listening and Talking • Lesson 21– Character Helps Me Succeed • Lesson 22– Impulses and My Brain • Lesson 30– Consequences of Honesty and Dishonesty



	3rd Lessons	4th Lessons	5th Lessons
2.C. Identify and demonstrate ways to practice self-control	<ul style="list-style-type: none"> • Lesson 2– Making Rules for Myself • Lesson 5– My Responsibilities • Lesson 22– Thinking Things Through 	<ul style="list-style-type: none"> • Lesson 2– Benefits of Self-Discipline • Lesson 3– Thinking Before Speaking • Lesson 5– Understanding Right from Wrong • Lesson 22– Controlling My Thoughts 	<ul style="list-style-type: none"> • Lesson 2– Practicing Self-Discipline • Lesson 3– Balancing Listening and Talking • Lesson 22– Impulses and My Brain
2.D. Describe the relationship between being responsible and being accountable	<ul style="list-style-type: none"> • Lesson 5– My Responsibilities • Lesson 24– Evaluating My Day 	<ul style="list-style-type: none"> • Lesson 20– Learning from Situations • Lesson 24– Evaluating our Decisions • Lesson 26– How Do I Apply My Reflection? 	<ul style="list-style-type: none"> • Lesson 5– Being a Responsible Citizen • Lesson 20– Anticipating a Situation
3. Caring. The student understands how personal actions demonstrate characteristics of caring. The student is expected to:			
3.A. Describe how feelings impact decision making and behaviors	<ul style="list-style-type: none"> • Lesson 5– My Responsibilities • Lesson 22– Thinking Things Through 	<ul style="list-style-type: none"> • Lesson 5– Understanding Right From Wrong • Lesson 22– Controlling My Thoughts 	<ul style="list-style-type: none"> • Lesson 15– My Friend Has a Problem • Lesson 31– Reframing Anxious Thoughts
3.B. Explain how one can show patience, consideration, and compassion	<ul style="list-style-type: none"> • Lesson 3– Benefits of Listening • Lesson 4– Signs of a Strong Friendship • Lesson 8– Respect for My School • Lesson 13– We All See Things Differently • Lesson 23– My World Is Bigger Than Me 	<ul style="list-style-type: none"> • Lesson 3– Thinking Before Speaking • Lesson 4– Celebrating Our Friendships • Lesson 8– Respect for My Community • Lesson 13– What Affects People’s Perspectives • Lesson 23– How to Express Empathy • Lesson 28– Standing Up for Others 	<ul style="list-style-type: none"> • Lesson 3– Balancing Listening and Talking • Lesson 4– Maintaining Friendship Groups • Lesson 5– Being a Responsible Citizen • Lesson 8– Respect for the Planet • Lesson 11– Using My Strengths • Lesson 13– Results of Different Perspectives • Lesson 15– My Friend Has a Problem • Lesson 23– Empathy in Action
3.C. Define empathy and discuss the connection between empathy and charity	<ul style="list-style-type: none"> • Lesson 23– My World is Bigger Than Me 	<ul style="list-style-type: none"> • Lesson 13– What Affects People’s Perspectives • Lesson 18– Similarities and Differences of Cultures • Lesson 23– How to Express Empathy 	<ul style="list-style-type: none"> • Lesson 13– Results of Different Perspectives • Lesson 23– Empathy in Action
4. Citizenship. The student understands that personal responsibility is associated with citizenship. The student is expected to:			
4.A. Describe the differences and similarities among gratitude, respect, and courtesy	<ul style="list-style-type: none"> • Lesson 3– Benefits of Listening • Lesson 8– Respect for My School • Lesson 23– My World is Bigger Than Me • Lesson 32– How to Lose Respectfully 	<ul style="list-style-type: none"> • Lesson 3– Thinking Before Speaking • Lesson 8– Respect for My Community • Lesson 19– Reading Body Language • Lesson 22– Controlling my Thoughts • Lesson 23– How to Express Empathy 	<ul style="list-style-type: none"> • Lesson 3– Balancing Listening and Talking • Lesson 5– Being a Responsible Citizen • Lesson 8– Respect for the Planet • Lesson 18– Appreciating Diversity • Lesson 23– Empathy in Action
4.B. Compare fairness and justice	<ul style="list-style-type: none"> • Lesson 32– How to Lose Respectfully 	<ul style="list-style-type: none"> • Lesson 9– Keeping the Team Together 	<ul style="list-style-type: none"> • Lesson 9– Being a Strong Team Leader • Lesson 21– Character Helps Me Succeed
4.C. Discuss the importance of obeying laws and rules	<ul style="list-style-type: none"> • Lesson 2– Making Rules for Myself • Lesson 5– My Responsibilities • Lesson 8– Respect for My School • Lesson 9– Building a Strong Team 	<ul style="list-style-type: none"> • Lesson 2– Benefits of Self-Discipline • Lesson 5– Understanding Right from Wrong • Lesson 8– Respect for My Community • Lesson 10– Making the Right Choices 	<ul style="list-style-type: none"> • Lesson 5– Being a Responsible Citizen • Lesson 9– Being a Strong Team Leader • Lesson 29– Technology Safety



	6th Lessons	7th Lessons	8th Lessons
1. Trustworthiness. The student understands how personal skills, choices, and actions build trustworthiness. The student is expected to:			
1.A. Describe what it means to be reliable and loyal	<ul style="list-style-type: none"> • Lesson 21– Taking Responsibility for My Actions • Lesson 36– Handling Adversity Together 	<ul style="list-style-type: none"> • Lesson 19– Making Informed Decisions • Lesson 27– Listening to Show Empathy • Lesson 28– Responding to Bullying 	<ul style="list-style-type: none"> • Lesson 4– Academic Integrity • Lesson 13– Cultivating Professional Relationships • Lesson 15– Staying True to Myself • Lesson 21– Making Decisions with Integrity • Lesson 28– Taking a Stand Against Bullying
1.B. define and give examples of honesty and integrity	<ul style="list-style-type: none"> • Lesson 20– Peer Pressure • Lesson 21– Taking Responsibility for My Actions 	<ul style="list-style-type: none"> • Lesson 11– Building Professionalism • Lesson 15– Healthy Relationships and Boundaries • Lesson 20– Independent Thinking • Lesson 21– Accepting Consequences 	<ul style="list-style-type: none"> • Lesson 4– Academic Integrity • Lesson 15– Staying True to Myself • Lesson 21– Making Decisions with Integrity • Lesson 28– Taking a Stand Against Bullying
1.C. Examine the benefits of being trustworthy	<ul style="list-style-type: none"> • Lesson 21– Taking Responsibility for My Actions 	<ul style="list-style-type: none"> • Lesson 15– Healthy Relationships and Boundaries • Lesson 21– Accepting Consequences 	<ul style="list-style-type: none"> • Lesson 4– Academic Integrity • Lesson 15– Staying True to Myself • Lesson 21– Making Decisions with Integrity • Lesson 28– Taking a Stand Against Bullying
1.D. Describe personal actions that demonstrate trustworthiness at school, home, with peers, and within the community	<ul style="list-style-type: none"> • Lesson 25– Connecting Through Our Differences • Lesson 36– Handling Adversity Together 	<ul style="list-style-type: none"> • Lesson 19– Making Informed Decisions • Lesson 27– Listening to Show Empathy • Lesson 28– Responding to Bullying • Lesson 35– Resiliency at School 	<ul style="list-style-type: none"> • Lesson 4– Academic Integrity • Lesson 13– Cultivating Professional Relationships • Lesson 15– Staying True to Myself • Lesson 21– Making Decisions with Integrity • Lesson 28– Taking a Stand Against Bullying
2. Responsibility. The student understands how personal beliefs and feelings and self-management skills influence one's sense of responsibility. The student is expected to:			
2.A. Examine how personal beliefs, thoughts, and feelings about self can build responsibility	<ul style="list-style-type: none"> • Lesson 1– My Strengths • Lesson 2– Self-Esteem Strategies • Lesson 7– Identifying My Emotions • Lesson 11– My Character as an Asset • Lesson 12– Strengths and Interests 	<ul style="list-style-type: none"> • Lesson 1– My Family and Culture • Lesson 2– Strengths in My Support System • Lesson 3– Growing Through Changes • Lesson 7– Understanding My Emotions • Lesson 19– Making Informed Decisions • Lesson 20– Independent Thinking 	<ul style="list-style-type: none"> • Lesson 1– My Values • Lesson 3– Persevering Through Change • Lesson 20– When Saying No Is Difficult • Lesson 21– Making Decisions with Integrity
2.B. identify and describe personal role models who demonstrate what it means to be accountable for words and actions	<ul style="list-style-type: none"> • Lesson 4– Seeking Academic Help • Lesson 26– Communicating with Peers • Lesson 36– Handling Adversity Together 	<ul style="list-style-type: none"> • Lesson 2– Strengths in My Support System • Lesson 15– Health Relationships and Boundaries • Lesson 26– Communicating with Adults at Home 	<ul style="list-style-type: none"> • Lesson 13– Cultivating Professional Relationships • Lesson 26– Communicating with Adults at School



	6th Lessons	7th Lessons	8th Lessons
2.C. Discuss the benefits of practicing self-management skills; and	<ul style="list-style-type: none"> • Lesson 2– Self-Esteem Strategies • Lesson 3– How I React to Change • Lesson 7– Identifying My Emotions • Lesson 8– What Prompts My Emotions? • Lesson 9– What Is Coping? • Lesson 14– Navigating Conflict 	<ul style="list-style-type: none"> • Lesson 3– Growing Through Change • Lesson 5– Time Management • Lesson 7– Understanding My Emotions • Lesson 8– Reacting to Strong Emotions • Lesson 9– Coping With How I Feel 	<ul style="list-style-type: none"> • Lesson 3– Persevering Through Change • Lesson 7– Communicating My Emotions • Lesson 8– Anticipating Strong Emotions • Lesson 9– My Mental Health • Lesson 17– My Brain and My Choices
2.D. Compare the benefits of responsible behavior with the consequences of irresponsible behavior	<ul style="list-style-type: none"> • Lesson 3– How I React to Change • Lesson 14– Navigating Conflict • Lesson 20– Peer Pressure • Lesson 21– Taking Responsibility for My Actions • Lesson 22– Technology and My Health • Lesson 24– Digital Footprint • Lesson 28– Bullying or Conflict? • Lesson 29– Roles in Bullying Situations • Lesson 30– What Is Cyberbullying? • Lesson 31– What Is Abuse? • Lesson 32– When Words Hurt • Lesson 33– Recognizing Crisis • Lesson 35– Resilience in Action 	<ul style="list-style-type: none"> • Lesson 5– Time Management • Lesson 8– Reacting to Strong Emotions • Lesson 9– Coping With How I Feel • Lesson 10– Thinking Ahead to My Career • Lesson 12– Setting Career-Based Goals • Lesson 14– Repairing Harm • Lesson 19– Making Informed Decisions • Lesson 21– Accepting Consequences • Lesson 22– Technology and My Safety • Lesson 23– Respectful Online Interactions • Lesson 28– Responding to Bullying • Lesson 31– Protecting Physical Boundaries • Lesson 32– Disordered Eating • Lesson 33– Acknowledging Crisis 	<ul style="list-style-type: none"> • Lesson 4– Academic Integrity • Lesson 7– Communicating My Emotions • Lesson 15– Staying True to Myself • Lesson 16– Respecting Different Home Environments • Lesson 17– My Brain and My Choices • Lesson 20– When Saying No Is Difficult • Lesson 21– Making Decisions with Integrity • Lesson 22– Technology and My Boundaries • Lesson 22– Protecting Myself Online • Lesson 23– Responding to Inaccurate Information • Lesson 28– Taking a Stand Against Bullying • Lesson 29– What's Behind Bullying Behavior? • Lesson 30– Cyberbullying Impact on My Future • Lesson 31– Protecting Myself • Lesson 32– The Impacts of Addiction • Lesson 33– Addressing Crisis
3. Caring. The student understands how interpersonal skills and characteristics of caring impact personal relationships. The student is expected to:			
3.A. Evaluate one's personal attitudes and mindsets about self and others	<ul style="list-style-type: none"> • Lesson 1– My Strengths • Lesson 11– My Character as an Asset • Lesson 12– Strengths and Interests • Lesson 23– Avoiding Comparisons • Lesson 25– Connecting Through Our Differences 	<ul style="list-style-type: none"> • Lesson 1– My Family and Culture • Lesson 13– Bringing Positivity to Friendships • Lesson 15– Healthy Relationships and Boundaries • Lesson 25– Diverse Needs • Lesson 27– Listening to Show Empathy 	<ul style="list-style-type: none"> • Lesson 1– My Values • Lesson 2– What Sets You Apart? • Lesson 15– Staying True to Myself • Lesson 16– Respecting Different Home Environments • Lesson 25– Advocating for Others • Lesson 27– Service Learning



	6th Lessons	7th Lessons	8th Lessons
3.B. discuss how feelings, decision making, personal behaviors, and interpersonal skills can influence relationships with others; and	<ul style="list-style-type: none"> • Lesson 7– Identifying My Emotions • Lesson 13– Navigating Changes in Friendships • Lesson 14– Navigating Conflict • Lesson 18– Fixed vs. Growth: Different Mindsets • Lesson 20– Peer Pressure • Lesson 21– Taking Responsibility for My Actions 	<ul style="list-style-type: none"> • Lesson 8– Reacting to Strong Emotions • Lesson 11– Building Professionalism • Lesson 13– Bringing Positivity to Friendships • Lesson 15– Healthy Relationships and Boundaries • Lesson 25– Diverse Needs • Lesson 27– Listening to Show Empathy 	<ul style="list-style-type: none"> • Lesson 7– Communicating My Emotions • Lesson 13– Cultivating Professional Relationships • Lesson 15– Staying True to Myself • Lesson 18– Mistakes Are Teachable Moments • Lesson 25– Advocating for Others
3.C. Explain and identify examples of how a person can demonstrate empathy through kindness, charity, generosity, and courtesy	<ul style="list-style-type: none"> • Lesson 25– Connecting Through Our Differences • Lesson 26– Communicating with Peers • Lesson 27– What Is Empathy? • Lesson 36– Handling Adversity Together 	<ul style="list-style-type: none"> • Lesson 14– Repairing Harm • Lesson 25– Diverse Needs • Lesson 27– Listening to Show Empathy 	<ul style="list-style-type: none"> • Lesson 14– Restorative Conversations • Lesson 16– Respecting Different Home Environments • Lesson 25– Advocating for Others • Lesson 28– Taking a Stand Against Bullying • Lesson 36– Becoming a Change Agent
4. Good citizenship. The student understands how responsible decision making and good citizenship impact personal relationships. The student is expected to:			
4.A. Differentiate between personal responsibility and responsible decision making and give examples of each	<ul style="list-style-type: none"> • Lesson 9– What Is Coping? • Lesson 19– Curiosity is a Way to Learn • Lesson 20– Peer Pressure • Lesson 21– Taking Responsibility for My Actions 	<ul style="list-style-type: none"> • Lesson 10– Thinking Ahead to My Career • Lesson 12– Setting Career-Based Goals • Lesson 19– Making Informed Decisions • Lesson 20– Independent Thinking • Lesson 21– Accepting Consequences 	<ul style="list-style-type: none"> • Lesson 12– The Path to My Career • Lesson 13– Cultivating Professional Relationships • Lesson 15– Staying True to Myself • Lesson 19– Reflecting on My Decisions • Lesson 20– When Saying No Is Difficult • Lesson 21– Making Decisions with Integrity
4.B. explain how one's personal actions can impact the perception of others; and	<ul style="list-style-type: none"> • Lesson 22– Technology and My Health • Lesson 23– Avoiding Comparisons • Lesson 24– Digital Footprint • Lesson 30– What Is Cyberbullying? 	<ul style="list-style-type: none"> • Lesson 8– Reacting to Strong Emotions • Lesson 13– Bringing Positivity to Friendships • Lesson 15– Healthy Relationships and Boundaries • Lesson 19– Making Informed Decisions • Lesson 23– Respectful Online Interactions • Lesson 30– Cyberbullying and Reputations 	<ul style="list-style-type: none"> • Lesson 13– Cultivating Professional Relationships • Lesson 15– Staying True to Myself • Lesson 16– Respecting Different Home Environments • Lesson 19– Reflecting on My Decisions • Lesson 20– When Saying No Is Difficult • Lesson 21– Making Decisions with Integrity
4.C. Identify and practice a variety of conflict-resolution skills and strategies	<ul style="list-style-type: none"> • Lesson 13– Navigating Changes in Friendships • Lesson 14– Navigating Conflict • Lesson 15– Different Types of Relationships • Lesson 20– Peer Pressure • Lesson 28– Bullying or Conflict? • Lesson 36– Handling Adversity Together 	<ul style="list-style-type: none"> • Lesson 14– Repairing Harm • Lesson 28– Responding to Bullying 	<ul style="list-style-type: none"> • Lesson 14– Restorative Conversations • Lesson 25– Advocating for Others • Lesson 28– Taking a Stand Against Bullying • Lesson 34– Persevering Through Adversity • Lesson 35– Supporting Friends Through Adversity



Where Learning Comes Alive

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