



Quaver Ready™

Scope and Sequence

Grades 6–8





Scope and Sequence

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Quaver Ready™

Scope and Sequence

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Scope and Sequence

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QuaverReady Lessons are flexible to teacher and student needs. Lessons can be taught in any order over the course of a school year. Below, lessons are organized to cover grade-appropriate topics throughout the year. On the following pages, you'll find the same lessons organized by the target competency.

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1	My Strengths	Self-Awareness
2	Self-Esteem Strategies	Self-Awareness
3	How I React to Change	Self-Awareness
4	Quaver Seeking Academic Help	Quaver Plus – Academic Achievement
5	Organization Helps Me Succeed	Quaver Plus – Academic Achievement
6	Adapting to Change at School	Quaver Plus – Academic Achievement
7	Identifying My Emotions	Self-Management
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12	My Strengths and Interests	Quaver Plus – Career Readiness
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29	Roles in Bullying Situations	Quaver Plus – Bullying Prevention
30	What Is Cyberbullying?	Quaver Plus – Bullying Prevention
31	What Is Abuse?	Quaver Plus – Self-Care and Safety
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33	Recognizing Crisis	Quaver Plus – Self-Care and Safety
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35	Resilience in Action	Quaver Plus – Resiliency
36	Handling Adversity Together	Quaver Plus – Resiliency



Self-Awareness

PURPOSE

OBJECTIVES

	PURPOSE	OBJECTIVES
Lesson 1 My Strengths	The purpose of this lesson is for students to identify and understand their individual strengths.	<ul style="list-style-type: none">• Identify social and academic strengths• Gain an understanding of how to use strengths in different settings• Describe strengths based on the strengths spotting assessment in the lesson
Lesson 2 Self-Esteem Strategies	The purpose of this lesson is for students to learn and practice strategies to celebrate their individuality.	<ul style="list-style-type: none">• Identify what makes them unique• Practice strategies to help strengthen their self-esteem• Learn ways to celebrate their individualism and strengths
Lesson 3 How I React to Change	The purpose of this lesson is for students to be aware of their reactions to change and how those reactions impact themselves and the situation.	<ul style="list-style-type: none">• Analyze types of reactions to change and how each would impact the people involved• Understand how reactions to change impact them and the outcome• Determine productive ways to respond to change



Quaver Plus – Academic Achievement

PURPOSE

OBJECTIVES

	PURPOSE	OBJECTIVES
Lesson 4 Seeking Academic Help	The purpose of this lesson is for students to learn strategies that can be used to seek academic help.	<ul style="list-style-type: none">• Identify times when academic help would be needed• Determine strategies to help seek academic help• Practice seeking academic help
Lesson 5 Organization Helps Me Succeed	The purpose of this lesson is for students to learn organizational strategies that will help them succeed academically.	<ul style="list-style-type: none">• Discuss the importance of organization and its positive effects• Practice how to prioritize tasks• Create tools to help with organization
Lesson 6 Adapting to Change at School	The purpose of this lesson is to teach assertiveness techniques that can help students in the face of bullying.	<ul style="list-style-type: none">• Discuss what bullying is and the different forms it may take• Define the responses to bullying: Passive, Assertive, or Aggressive and why it is best to be assertive• Teach assertiveness techniques that can help students in the face of bullying



Self-Management

PURPOSE

OBJECTIVES

	PURPOSE	OBJECTIVES
Lesson 7 Identifying My Emotions	The purpose of this lesson is for students to learn to identify their emotions using internal signals.	<ul style="list-style-type: none">• Explain how the brain processes emotions• Identify physical cues that signal the presence of various emotions• Illustrate a connection between personal emotions and their physical cues
Lesson 8 What Prompts My Emotions?	The purpose of this lesson is for students to learn how to identify situations that evoke specific emotions.	<ul style="list-style-type: none">• Understand that emotions are normal and are a response to a situation• Identify different situations and what emotions they may evoke• Discuss different strategies that can help us cope with difficult feelings
Lesson 9 What Is Coping?	The purpose of this lesson is for students to learn coping skills and the benefits of using them.	<ul style="list-style-type: none">• Discuss what a coping skill is• Identify different strategies and coping skills that can be used• Create your own coping skills and identify how they can help in different situations



Quaver Plus – Career Readiness

PURPOSE

OBJECTIVES

	PURPOSE	OBJECTIVES
Lesson 10 Becoming Career-Minded	The purpose of this lesson is for students to explore different career fields.	<ul style="list-style-type: none">• Identify a variety of career fields• Determine three career fields they are interested in• Explore different roles within the three career fields they chose
Lesson 11 My Character as an Asset	The purpose of this lesson is for students to identify characteristics that may help them be employable in the future.	<ul style="list-style-type: none">• Discuss employable character traits• Identify the benefits of their personal and employable characteristics• Understand how their characteristics will work to their advantage in the future
Lesson 12 Strengths and Interests	The purpose of this lesson is for students to consider their strengths and interests and how they might apply to future careers.	<ul style="list-style-type: none">• Identify individual strengths that may be assets to a career• Identify individual interests that may suggest interest in a particular career• Identify ways their strengths and interests may apply to a future career



Relationship Skills

PURPOSE

OBJECTIVES

Lesson 13 Navigating Changes in Friendships

The purpose of this lesson is for students to navigate the changing dynamics in friendships.

- Identify and communicate feelings of change in friendships
- Describe how different interests and activities can alter friendship dynamics
- Develop strategies for navigating changing dynamics in friendships

Lesson 14 Navigating Conflict

The purpose of this lesson is for students to practice strategies to productively navigate conflict with others.

- Identify strategies to use when facing conflict
- Explain strategies you have tried when navigating conflict
- Write out productive ways to respond to different types of conflict

Lesson 15 Different Types of Relationships

The purpose of this lesson is for students to understand and navigate the dynamics of different types of relationships.

- Identify and describe family relationships, friendships, acquaintanceships, and dating relationships
- Explore the ways different types of relationships can change over time
- Describe circumstances and situations that prompt changing dynamics in relationships



Quaver Plus – Lifetime Learning

PURPOSE

OBJECTIVES

Lesson 16 Learning at My Pace

The purpose of this lesson is for students to be patient with themselves and recognize that some skills and talents take more time and effort to develop than others.

- Understand that people grow and develop skills at different rates, and that perseverance is key to improvement
- Discover firsthand how skills develop at different rates
- Learn the concept of a growth mindset and how it applies to learning and developing skills

Lesson 17 My Growing Brain

The purpose of this lesson is for students to explore the anatomy of the brain and its functions.

- Identify the main parts of the teenage brain and their functions.
- Explain how the brain changes in middle school.
- Demonstrate understanding of the parts of the brain and how they affect daily life.

Lesson 18 Fixed vs. Growth: Different Mindsets

The purpose of this lesson is for students to define fixed and growth mindsets and differentiate between the two.

- Define fixed mindsets and growth mindsets
- Demonstrate the knowledge to differentiate fixed and growth mindsets
- Develop a growth plan



Responsible Decision-Making

PURPOSE

OBJECTIVES

	PURPOSE	OBJECTIVES
Lesson 19 Curiosity Is a Way to Learn	The purpose of this lesson is for students to utilize questions as an opportunity to learn.	<ul style="list-style-type: none">• Define curiosity and explain its importance in different settings• Identify and discuss examples of how curiosity can enhance learning• Develop strategies to demonstrate curiosity such as observing, asking questions, and seeking new information.
Lesson 20 Peer Pressure	The purpose of this lesson is for students to examine how they experience and respond to peer pressure.	<ul style="list-style-type: none">• Identify peer pressure and peer pressure experiences• Explore ways to respond to peer pressure• Create a plan for how to deal with peer pressure
Lesson 21 Taking Responsibility for My Actions	The purpose of this lesson is for students to examine the need for accountability in decision-making.	<ul style="list-style-type: none">• Define responsibility and explain its importance• Identify the need for accountability and understand the concept of consequences• Analyze situations where taking responsibility for actions is important



Quaver Plus – Using Technology Responsibly

PURPOSE

OBJECTIVES

	PURPOSE	OBJECTIVES
Lesson 22 Technology and My Health	The purpose of this lesson is for students to understand how overexposure to technology can impact health.	<ul style="list-style-type: none">• Understand the ways technology can affect physical and emotional health• Explore the importance of maintaining a healthy balance between technology use and other activities• Identify the potential benefits of technology when used without overexposure
Lesson 23 Avoiding Comparisons	The purpose of this lesson is to recognize and resist comparing yourself to unrealistic standards in the media.	<ul style="list-style-type: none">• Acknowledge the impact of media influences• Analyze unrealistic media standards• Identify and embrace unique characteristics that contrast with media standards
Lesson 24 Digital Footprint	The purpose of this lesson is for students to define digital footprint and how it will impact them now and in the future.	<ul style="list-style-type: none">• Define digital footprint• Understand the importance of how your digital footprint can affect your future• Recognize acceptable posts on social media and other websites



Social Awareness

PURPOSE

OBJECTIVES

	PURPOSE	OBJECTIVES
Lesson 25 Connecting Through Our Differences	The purpose of this lesson is for students to identify and embrace the variety of ways in which they differ.	<ul style="list-style-type: none">• Acknowledge differences that make them unique• Identify the value of their differences and their impact on their environment• Identify the impact of connecting with a variety of people in their lifetime
Lesson 26 Communicating With Peers	The purpose of this lesson is for students to learn how to communicate with their peers effectively.	<ul style="list-style-type: none">• Define effective communication• Identify various methods of communication based on the situation• Demonstrate effective communication with peers
Lesson 27 What Is Empathy?	The purpose of this lesson is for students to define and discuss empathy and the role it plays in their lives.	<ul style="list-style-type: none">• Define empathy• Discuss ways to show empathy• Practice showing empathy to others



Quaver Plus – Bullying Prevention

PURPOSE

OBJECTIVES

Lesson 28 Bullying or Conflict?

The purpose of this lesson is for students to differentiate between a bullying situation and conflict.

- Explain the difference between bullying and conflict
- Practice using the terms bullying and conflict
- Identify examples of bullying and conflict

Lesson 29 Roles in Bullying Situations

The purpose of this lesson is for students to understand the different roles that are involved in bullying situations and how to report them.

- Define what bullying is
- Identify different types of bullying and the different roles that are involved
- Create a plan of how to report bullying

Lesson 30 What Is Cyberbullying?

The purpose of this lesson is for students to define cyberbullying and its impact on themselves and others.

- Define cyberbullying
- Understand the impact it has on yourself and others
- Identify ways you can protect yourself from cyberbullying



Quaver Plus – Self-Care and Safety

	PURPOSE	OBJECTIVES
Lesson 31 What Is Abuse?	The purpose of this lesson is for students to explore protective factors to prevent harm.	<ul style="list-style-type: none">• Recognize safe vs unsafe situations, physically and emotionally.• Explore protective factors to prevent harm.• Identify what safe situations look like from their perspective.
Lesson 32 When Words Hurt	The purpose of this lesson is for students to recognize the characteristics and effects of emotional abuse and how to respond.	<ul style="list-style-type: none">• Discuss what emotional abuse is• Identify the different characteristics of emotional abuse• Practice how to respond safely if you or someone else is being emotionally abused• Create a plan of who to contact when you or someone else is being emotionally abused
Lesson 33 Recognizing Crisis	The purpose of this lesson is for students to recognize the warning signs of suicide and learn how to communicate concerns.	<ul style="list-style-type: none">• Recognize and be able to identify warning signs of suicide• Understand the importance of communicating your concerns• Build a community of trusted people to go to when dealing with a crisis



Quaver Plus – Resiliency

	PURPOSE	OBJECTIVES
Lesson 34 Adversity and Resilience	The purpose of this lesson is for students to define and explore the relationship between adversity and resilience.	<ul style="list-style-type: none">• Define adversity• Define resilience• Describe the relationship between adversity and resilience
Lesson 35 Resilience in Action	The purpose of this lesson is for students to identify and describe individuals in their lives who model resilience.	<ul style="list-style-type: none">• Discuss resilience and what it means to be resilient• Identify individuals who model resilience• Create a statement or image that represents resilience
Lesson 36 Handling Adversity Together	The purpose of this lesson is for students to build trust and community with their classmates in order to feel supported in times of adversity.	<ul style="list-style-type: none">• Share personal instances of perseverance• Recognize the personal strengths of classmates• Create a plan to utilize each other's strengths when faced with adversity



Quaver Ready™

Scope and Sequence

Seventh Grade





Scope and Sequence



QuaverReady Lessons are flexible to teacher and student needs. Lessons can be taught in any order over the course of a school year. Below, lessons are organized to cover grade-appropriate topics throughout the year. On the following pages, you'll find the same lessons organized by the target competency.

LESSON	SEVENTH GRADE LESSON	COMPETENCY
1	My Family and Culture	Self-Awareness
2	Strengths in My Support System	Self-Awareness
3	Growing Through Changes	Self-Awareness
4	Setting Academic Goals	Quaver Plus – Academic Achievement
5	Time Management	Quaver Plus – Academic Achievement
6	Feeling Anxious About School	Quaver Plus – Academic Achievement
7	Understanding My Emotions	Self-Management
8	Reacting to Strong Emotions	Self-Management
9	Coping With How I Feel	Self-Management
10	Thinking Ahead to My Career	Quaver Plus – Career Readiness
11	Building Professionalism	Quaver Plus – Career Readiness
12	Setting Career-Based Goals	Quaver Plus – Career Readiness
13	Bringing Positivity to Friendships	Relationship Skills
14	Repairing Harm	Relationship Skills
15	Healthy Relationships and Boundaries	Relationship Skills
16	Changing Hobbies and Interests	Quaver Plus – Lifetime Learning
17	My Brain and My Emotions	Quaver Plus – Lifetime Learning
18	Encouraging Growth	Quaver Plus – Lifetime Learning
19	Making Informed Decisions	Responsible Decision-Making
20	Independent Thinking	Responsible Decision-Making
21	Accepting Consequences	Responsible Decision-Making
22	Technology and My Safety	Quaver Plus – Using Technology Responsibly
23	Respectful Online Interactions	Quaver Plus – Using Technology Responsibly
24	Deciphering Information	Quaver Plus – Using Technology Responsibly
25	Diverse Needs	Social Awareness
26	Communicating With Adults at Home	Social Awareness
27	Listening to Show Empathy	Social Awareness
28	Responding to Bullying	Quaver Plus – Bullying Prevention
29	Passive, Assertive, or Aggressive?	Quaver Plus – Bullying Prevention
30	Cyberbullying and Reputations	Quaver Plus – Bullying Prevention
31	Protecting Physical Boundaries	Quaver Plus – Self-Care and Safety
32	Disordered Eating	Quaver Plus – Self-Care and Safety
33	Acknowledging Crisis	Quaver Plus – Self-Care and Safety
34	Strengths and Resiliency	Quaver Plus – Resiliency
35	Resilience at School	Quaver Plus – Resiliency
36	Discussing Adversity	Quaver Plus – Resiliency



Self-Awareness

PURPOSE

OBJECTIVES

	PURPOSE	OBJECTIVES
<p>Lesson 1 My Family and Culture</p>	<p>The purpose of this lesson is for students to identify how their family and culture impact their identity.</p>	<ul style="list-style-type: none">• Define family and culture and understand their significance in a person's life• Explore cultural similarities and differences within the community and its impact• Demonstrate understanding of how family and culture contribute to a unique identity
<p>Lesson 2 Strengths in My Support System</p>	<p>The purpose of this lesson is for students to identify strengths of members of their families or support system.</p>	<ul style="list-style-type: none">• Identify strengths of those in their family or support system• Recognize why it is important to acknowledge the strengths of those in their family or support system• Understand what strengths each person in their support system offers and how it can strengthen them
<p>Lesson 3 Growing Through Changes</p>	<p>The purpose of this lesson is for students to explore ways in which change can be viewed as an opportunity for growth.</p>	<ul style="list-style-type: none">• Identify changes that often take place during middle school• Explore ways to use change as an opportunity for growth• Create a plan to grow from one area of life that has recently changed



Quaver Plus – Academic Achievement

PURPOSE

OBJECTIVES

	PURPOSE	OBJECTIVES
Lesson 4 Setting Academic Goals	The purpose of this lesson is for students to set and monitor short and long-term academic goals.	<ul style="list-style-type: none">• Identify examples of short-term academic goals• Identify examples of long-term academic goals• Create a plan to reach a long-term goal by determining short-term goals and ways to monitor your progress
Lesson 5 Time Management	The purpose of this lesson is for students to learn time management strategies and how they increase productivity.	<ul style="list-style-type: none">• Discuss different types of time management skills and their importance• Practice how to prioritize tasks to increase productivity• Create a plan on how to improve time management
Lesson 6 Feeling Anxious About School	<ul style="list-style-type: none">• The purpose of this lesson is for students to develop tools to manage anxious feelings about school.	<ul style="list-style-type: none">• Discuss what can cause anxious feelings about school• Explore each individual's anxious feelings and how they can cope with them• Create a future plan to help each student feel less anxious



Self-Management

PURPOSE

OBJECTIVES

Lesson 7
Understanding My Emotions

The purpose of this lesson is for students to understand the spectrum of emotions they may experience and how emotions impact their decisions.

- Explain how the brain processes different emotions
- Identify the effects emotions have on decision-making
- Develop the skill of pausing prior to making decisions when feeling strong emotions

Lesson 8
Reacting to Strong Emotions

The purpose of this lesson is for students to explore a variety of appropriate responses when experiencing strong emotions.

- Explore what a strong emotion is
- Identify when they are having a strong emotion and the different reactions that may occur
- Practice different coping strategies and responses when experiencing strong emotions

Lesson 9
Coping With How I Feel

The purpose of this lesson is for students to practice coping skills and create their own healthy strategies.

- Discuss steps to cope with difficult emotions
- Practice different coping skills for each situation
- Create healthy strategies for how to cope with a situation that may be difficult



Quaver Plus – Career Readiness

PURPOSE

OBJECTIVES

	PURPOSE	OBJECTIVES
Lesson 10 Thinking Ahead to My Career	The purpose of this lesson is for students to explore a specific career field based on their own strengths and interests.	<ul style="list-style-type: none">• Review potential career fields• Choose a career field based on personal strengths and interests• Research the requirements for the job they are interested in and create a timeline to reach their career goals
Lesson 11 Building Professionalism	The purpose of this lesson is for students to practice communicating and conducting themselves in a professional manner.	<ul style="list-style-type: none">• Define and understand professionalism• Recognize professionalism in the workplace• Practice communicating and conducting themselves in a professional manner
Lesson 12 Setting Career-Based Goals	The purpose of this lesson is for students to create personal goals that will help them reinforce and develop character traits to help them in future careers.	<ul style="list-style-type: none">• Explore possible career choices• Identify character traits that may be beneficial for possible career choices• Create two personal goals to reinforce or develop character traits that will be beneficial in a future career



Relationship Skills

PURPOSE

OBJECTIVES

Lesson 13 Bringing Positivity to Friendships

The purpose of this lesson is for students to feel empowered to show positivity within their friend groups.

- Understand the importance of bringing positivity to friendships
- Explore empathy and its role in maintaining positivity in friend groups
- Develop strategies to bring positivity into friendships

Lesson 14 Repairing Harm

The purpose of this lesson is for students to learn how relationships are impacted by repairing harm.

- Discuss scenarios that may cause harm to others
- Identify ways to respond that will repair harm
- Brainstorm ways to respond when an action causes harm

Lesson 15 Healthy Relationships and Boundaries

The purpose of this lesson is for students to define and describe boundaries and how to maintain healthy relationships.

- Identify the characteristics of healthy relationships
- Recognize the importance of establishing and maintaining boundaries
- Develop skills for assertiveness in setting boundaries



Quaver Plus – Lifetime Learning

PURPOSE

OBJECTIVES

Lesson 16 Changing Hobbies and Interests

The purpose of this lesson is for students to acknowledge and embrace that their hobbies and interests may change as they age.

- Identify personal hobbies and interests.
- Contrast hobbies and interests presently versus those enjoyed in the past.
- Identify the impact that changes in hobbies and interests may have on friendships.

Lesson 17 My Brain and My Emotions

The purpose of this lesson is for students to explore how their developing brains can affect their emotions.

- Explore the prefrontal cortex and the amygdala, and their functions
- Draw connections between brain activity and experiencing different emotions
- Describe how parts of the brain might process emotions differently

Lesson 18 Encouraging Growth

The purpose of this lesson is for students to create a plan for growth by reflecting on past successes.

- Reflect on past moments of success
- Identify the mindsets and emotions experienced while cultivating growth
- Explore challenges and helpful strategies when working towards goals



Responsible Decision-Making

PURPOSE

OBJECTIVES

	PURPOSE	OBJECTIVES
<p>Lesson 19 Making Informed Decisions</p>	<p>The purpose of this lesson is for students to practice critical thinking skills to make better decisions.</p>	<ul style="list-style-type: none">• Understand the importance of making informed decisions in different situations• Consider options and evaluate outcomes• Develop critical thinking skills to assess information when making decisions
<p>Lesson 20 Independent Thinking</p>	<p>The purpose of this lesson is for students to prioritize independent thinking as a leadership tool when feeling pressured to follow others.</p>	<ul style="list-style-type: none">• Define and understand the importance of being an independent thinker• Understand how independent thinking is a leadership tool• Practice responding as an independent thinker using critical thinking skills when feeling peer pressure
<p>Lesson 21 Accepting Consequences</p>	<p>The purpose of this lesson is for students to recognize and take responsibility for the outcomes of their decisions.</p>	<ul style="list-style-type: none">• Define and understand how to weigh consequences• Define and understand how to accept consequences• Practice accepting consequences and taking responsibility for your actions



Quaver Plus – Using Technology Responsibly

PURPOSE

OBJECTIVES

	PURPOSE	OBJECTIVES
Lesson 22 Technology and My Safety	The purpose of this lesson is for students to learn how to utilize technology in a safe manner.	<ul style="list-style-type: none">• Identify the benefits and risks of using technology• Explore strategies for protecting personal information and maintaining privacy online• Identify signs of safe and unsafe internet use
Lesson 23 Respectful Online Interactions	The purpose of this lesson is for students to learn to interact respectfully when using technology.	<ul style="list-style-type: none">• Recognize various methods of online interaction• Analyze the possible impacts of online interactions• Demonstrate the skill of interacting respectfully with others while online
Lesson 24 Deciphering Information	The purpose of this lesson is for students to learn how to determine if online information is credible.	<ul style="list-style-type: none">• Identify the key differences between reliable and unreliable information online.• Practice deciphering between reliable and unreliable information online.• Learn how to fact-check online information.



Social Awareness

PURPOSE

OBJECTIVES

Lesson 25 Diverse Needs

The purpose of this lesson is for students to identify and discuss the diverse needs in their community.

- Identify diverse needs within their community
- Discuss diverse needs within their community
- Examine why it is important to make sure their needs and the needs of others are being met

Lesson 26 Communicating With Adults at Home

The purpose of this lesson is for students to learn how to communicate effectively with adults at home.

- Seek to understand adults' perspectives before communicating
- Identify both parties' desired results of communication
- Demonstrate the ability to use effective communication with adults at home

Lessons 27 Listening to Show Empathy

The purpose of this lesson is for students to practice showing empathy for others through active listening.

- Identify ways to be an active listener
- Discuss the role active listening plays in showing empathy toward others
- Practice showing empathy through active listening by putting themselves in someone else's shoes



Quaver Plus – Bullying Prevention

PURPOSE

OBJECTIVES

Lesson 28 Responding to Bullying

The purpose of this lesson is for students to explore possible responses to bullying situations.

- Determine the best ways to respond in different types of bullying situations
- Discuss the short-term and long-term effects of bullying
- Create an anti-bullying poster to be displayed in the school

Lesson 29 Passive, Assertive, or Aggressive?

The purpose of this lesson is to teach assertiveness techniques that can help students in the face of bullying.

- Discuss what bullying is and the different forms it may take.
- Define the responses to bullying: Passive, Assertive, or Aggressive and why it is best to be assertive.
- Teach assertiveness techniques that can help students in the face of bullying.

Lesson 30 Cyberbullying and Reputations

The purpose of this lesson is for students to explore the ways in which participating in bullying situations online may impact reputations.

- Reflect on the role cyberbullying plays in your online interactions
- Identify the impact cyberbullying has on reputations
- Identify strategies for protecting reputations from the impacts of cyberbullying behaviors



Quaver Plus – Self-Care and Safety

	PURPOSE	OBJECTIVES
Lesson 31 Protecting Physical Boundaries	The purpose of this lesson is for students to develop tools to communicate and report when someone has violated their physical boundaries.	<ul style="list-style-type: none">• Identify their physical and emotional boundaries.• Identify ways to verbally communicate physical and emotional boundaries.• Explore steps to take when boundaries have been crossed.
Lesson 32 Disordered Eating	The purpose of this lesson is for students to identify common eating disorders and their impact on health.	<ul style="list-style-type: none">• Define what an eating disorder is.• Identify the different types of eating disorders.• Break down different situations and warning signs of someone who may be struggling with an eating disorder.• Discuss who they can contact or talk to if they or someone they know is struggling with an eating disorder.
Lesson 33 Acknowledging Crisis	The purpose of this lesson is for students to recognize the warning signs of suicide and learn how to communicate concerns.	<ul style="list-style-type: none">• Recognize and be able to identify warning signs of suicide• Understand the importance of communicating your concerns• Build a community of trusted people to go to when dealing with a crisis



**Quaver Plus –
Resiliency**

PURPOSE

OBJECTIVES

	PURPOSE	OBJECTIVES
Lesson 34 Strengths and Resilience	The purpose of this lesson is for students to identify strengths to help them display resilience when faced with adversity.	<ul style="list-style-type: none">• Explore how strengths may help when faced with adversity• Identify personal strengths• Create a plan utilizing your strengths for an adverse moment
Lesson 35 Resilience at School	The purpose of this lesson is for students to apply strategies for resilience to challenges at school.	<ul style="list-style-type: none">• Identify challenges they have faced in school• Discuss ways they have shown or can show resilience when facing challenges at school• Brainstorm ways to respond to a situation with resilience
Lesson 36 Discussing Adversity	The purpose of this lesson is for students to engage in discussion around adverse situations that are impacting them collectively.	<ul style="list-style-type: none">• Explore communities who have faced adversity and persevered.• Discuss adverse situations that impact their shared community.• Discuss their class's strengths and how they may help the group persevere.



Quaver Ready™

Scope and Sequence

Eighth Grade





Scope and Sequence

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LESSON	EIGHTH GRADE LESSON	COMPETENCY
1	My Values	Self-Awareness
2	What Sets You Apart?	Self-Awareness
3	Persevering Through Change	Self-Awareness
4	Academic Integrity	Quaver Plus – Academic Achievement
5	Reflecting on My Goals	Quaver Plus – Academic Achievement
6	Looking Ahead	Quaver Plus – Academic Achievement
7	Communicating My Emotions	Self-Management
8	Anticipating Strong Emotions	Self-Management
9	My Mental Health	Self-Management
10	Postsecondary Options	Quaver Plus – Career Readiness
11	Being an Entrepreneur	Quaver Plus – Career Readiness
12	The Path to My Career	Quaver Plus – Career Readiness
13	Cultivating Professional Relationships	Relationship Skills
14	Restorative Conversations	Relationship Skills
15	Staying True to Myself	Relationship Skills
16	Respecting Different Home Environments	Quaver Plus – Lifetime Learning
17	My Brain and My Choices	Quaver Plus – Lifetime Learning
18	Mistakes Are Teachable Moments	Quaver Plus – Lifetime Learning
19	Reflecting on My Decisions	Responsible Decision-Making
20	When Saying No Is Difficult	Responsible Decision-Making
21	Making Decisions With Integrity	Responsible Decision-Making
22	Technology and My Boundaries	Quaver Plus – Using Technology Responsibly
23	Protecting Myself Online	Quaver Plus – Using Technology Responsibly
24	Responding to Inaccurate Information	Quaver Plus – Using Technology Responsibly
25	Advocating for Others	Social Awareness
26	Communicating With Adults at School	Social Awareness
27	Service Learning	Social Awareness
28	Taking a Stand Against Bullying	Quaver Plus – Bullying Prevention
29	What's Behind Bullying Behavior?	Quaver Plus – Bullying Prevention
30	Cyberbullying's Impact on My Future	Quaver Plus – Bullying Prevention
31	Protecting Myself	Quaver Plus – Self-Care and Safety
32	The Impacts of Addiction	Quaver Plus – Self-Care and Safety
33	Addressing Crisis	Quaver Plus – Self-Care and Safety
34	Persevering Through Adversity	Quaver Plus – Resiliency
35	Supporting Friends During Anxiety	Quaver Plus – Resiliency
36	Becoming a Change Agent	Quaver Plus – Resiliency



Self-Awareness

PURPOSE

OBJECTIVES

	PURPOSE	OBJECTIVES
Lesson 1 My Values	The purpose of this lesson is for students to define values while identifying their own.	<ul style="list-style-type: none">• Define values and their impact on attitude and behavior• Engage in discussions considering personal viewpoints• Explore how their personal values can influence others
Lesson 2 What Sets You Apart?	The purpose of this lesson is for students to understand and share their own character traits and morals while acknowledging those of others.	<ul style="list-style-type: none">• Recognize their character traits and morals• Understand why it is important to recognize, acknowledge, and respect others' character traits and morals• Learn the benefits of diverse character traits and morals as well as strategies for dealing with differences in these areas
Lesson 3 Persevering Through Change	The purpose of this lesson is for students to pursue new opportunities with perseverance.	<ul style="list-style-type: none">• Define and discuss perseverance• Outline new opportunities that come with finishing middle school• Determine personal strengths and the role they play in new opportunities



Quaver Plus – Academic Achievement

	PURPOSE	OBJECTIVES
Lesson 4 Academic Integrity	The purpose of this lesson is for students to understand the importance of displaying academic integrity.	<ul style="list-style-type: none">• Define and discuss integrity• Explain the importance of showing integrity in academics by discussing different examples• Identify ways they would show academic integrity
Lesson 5 Reflecting on My Goals	The purpose of this lesson is for students to reflect on met and unmet academic goals and what can be learned from each.	<ul style="list-style-type: none">• Discuss the importance of goals and how they help plan for the future• List of previous goals and their outcomes• Reflect on met and unmet goals and what can be learned from them to reach future goals
Lesson 6 Looking Ahead	<ul style="list-style-type: none">• The purpose of this lesson is for students to set goals for the current school year with high school in mind.	<ul style="list-style-type: none">• Discuss what goals have been accomplished in middle school• Explore academic goals and social goals that each student would like to accomplish as a high school student• Create a vision board and plan of different things each student can do to help reach their goals



Self-Management

PURPOSE

OBJECTIVES

	PURPOSE	OBJECTIVES
<p>Lesson 7 Communicating My Emotions</p>	<p>The purpose of this lesson is for students to understand how to communicate their emotions to others effectively.</p>	<ul style="list-style-type: none">• Identify numerous ways emotions are communicated• - Describe ways in which communication helps manage emotions• Create a list of individuals they feel safe communicating emotions to
<p>Lesson 8 Anticipating Strong Emotions</p>	<p>The purpose of this lesson is for students to learn how to prepare for situations involving strong emotions.</p>	<ul style="list-style-type: none">• Explore different situations that may involve strong emotions• Identify different strategies to help cope with these emotions in different types of situations• Create a plan of how to deal with a certain situation involving strong emotions
<p>Lesson 9 My Mental Health</p>	<p>The purpose of this lesson is for students to define mental health and identify when and how to seek help for their own mental health.</p>	<ul style="list-style-type: none">• Define what mental health is• Practice good mental health strategies• Identify when and how to seek help for their own mental health



Quaver Plus – Career Readiness

PURPOSE

OBJECTIVES

Lesson 10 Postsecondary Options

The purpose of this lesson is for students to explore a variety of postsecondary options.

- Identify a variety of postsecondary options
- Research postsecondary options and decide which ones you'd like to learn more about
- Create a list of careers tied to postsecondary options that you might be interested in and explain why you might excel in them

Lesson 11 Being an Entrepreneur

The purpose of this lesson is to nurture student creativity in developing their own career path

- Define what it means to be an entrepreneur
- Understand how to develop their own career paths
- Implement entrepreneurial skills by creating a business

Lesson 12 The Path to My Career

The purpose of this lesson is for students to begin planning paths toward their prospective careers.

- Identify the importance of deadlines, references, and volunteering
- Create a resume using past experiences
- Explore the possible path to a chosen career



Relationship Skills

PURPOSE

OBJECTIVES

Lesson 13 Cultivating Professional Relationships

The purpose of this lesson is for students to develop skills to build relationships to help them network in the future.

- Understand the importance of obtaining a mentor in different settings
- Identify skills needed to build and maintain professional relationships
- Reflect on personal strengths and create a plan for networking in the future

Lesson 14 Restorative Conversations

The purpose of this lesson is for students to develop strategies to have productive and restorative conversations with others in order to repair harm.

- Identify what a restorative conversation looks and sounds like
- Discuss times when having a restorative conversation was necessary
- Create a draft of a restorative conversation to have with someone else

Lesson 15 Staying True to Myself

The purpose of this lesson is for students to value their individuality when considering dating relationships.

- Define the concept of staying true to self
- Explore personal values and interests as a way to stay true to themselves when dating
- Discuss strategies for staying true to themselves



Quaver Plus – Lifetime Learning

PURPOSE

OBJECTIVES

	PURPOSE	OBJECTIVES
<p>Lesson 16 Respecting Different Home Environments</p>	<p>The purpose of this lesson is to acknowledge the differing norms others experience at home and respect how these norms may impact them socially.</p>	<ul style="list-style-type: none">• Identify personal home life norms• Compare and contrast differing home life norms• Demonstrate respect for those who experience different home life norms
<p>Lesson 17 My Brain and My Choices</p>	<p>The purpose of this lesson is for students to acknowledge the brain's role in their daily decision-making.</p>	<ul style="list-style-type: none">• Recognize how the brain, emotions, and choices work together• Analyze the impact of emotions and decision-making• Identify healthy coping strategies
<p>Lesson 18 Mistakes are Teachable Moments</p>	<p>The purpose of this lesson is for students to view mistakes as valuable opportunities for growth.</p>	<ul style="list-style-type: none">• Identify how certain mistakes can be an opportunity for growth• Acknowledge growth from past mistakes• Create a plan to use for the future when mistakes are made



Responsible Decision-Making

PURPOSE

OBJECTIVES

	PURPOSE	OBJECTIVES
Lesson 19 Reflecting on My Decisions	The purpose of this lesson is for students to practice reflection strategies to influence future decisions.	<ul style="list-style-type: none">• Understand the importance of reflecting on past decisions and outcomes• Identify factors that may have influenced past decisions• Practice self-reflection techniques to aid in future decision-making
Lesson 20 When Saying No Is Difficult	The purpose of this lesson is for students to practice refusal skills when faced with negative peer pressure.	<ul style="list-style-type: none">• Identify and understand the value of saying no• Understand the importance of boundaries for themselves and others• Practice saying no and setting boundaries during moments of negative peer pressure
Lesson 21 Making Decisions With Integrity	The purpose of this lesson is for students to make decisions that align with their values and beliefs.	<ul style="list-style-type: none">• Reflect on personal values and beliefs and their connection to making decisions• Explore the role of honesty, transparency, and accountability in decision-making• Practice decision-making while assessing alignment with values and beliefs



Quaver Plus – Using Technology Responsibly

PURPOSE

OBJECTIVES

	PURPOSE	OBJECTIVES
Lesson 22 Technology and My Boundaries	The purpose of this lesson is for students to establish and exercise personal boundaries when using technology.	<ul style="list-style-type: none">• Explore the concept of online consent and digital boundaries• Identify the importance of obtaining and giving consent before sharing or using other personal information• Explore strategies for communicating digital boundaries with friends, family, and peers
Lesson 23 Protecting Myself Online	The purpose of this lesson is for students to learn what to do when personal boundaries are crossed online.	<ul style="list-style-type: none">• Define personal boundaries when interacting online• List three personal boundaries for their own online interactions• Identify steps to take when boundaries have been crossed online
Lesson 24 Responding to Inaccurate Information	The purpose of this lesson is to learn how to respond when someone shares inaccurate information using technology.	<ul style="list-style-type: none">• Recognize appropriate ways to respond to inaccurate information when using technology• Identify the appropriate way to respond to inaccurate information• Practice responding to inaccurate information



Social Awareness

PURPOSE

OBJECTIVES

	PURPOSE	OBJECTIVES
Lesson 25 Advocating for Others	The purpose of this lesson is for students to explore various ways in which they can advocate for those with diverse needs.	<ul style="list-style-type: none">• Discuss the benefits of diversity• Determine ways to advocate for those with diverse needs• Create a plan to advocate for others
Lesson 26 Communicating With Adults at School	The purpose of this lesson is for students to learn how to communicate effectively with adults at school.	<ul style="list-style-type: none">• Seek to understand the adult's perspective before communicating• Identify both parties desired results of communication• Demonstrate the ability to use effective communication with adults at school
Lesson 27 Service Learning	The purpose of this lesson is for students to create and implement a service learning project focused on leadership and empathy in their school or community.	<ul style="list-style-type: none">• Explain what a service learning project is• Brainstorm service learning projects they believe could have an impact on their school or community• Create their own service learning project idea focusing on leadership and empathy towards their school or community• Develop a plan to implement their service learning project



Quaver Plus – Bullying Prevention

PURPOSE

OBJECTIVES

Lesson 28 Taking a Stand Against Bullying

The purpose of this lesson is for students to identify ways bystanders can stand up for victims in bullying situations.

- Discuss what it means to be a bystander
- Identify ways bystanders can stand up for victims in bullying situations
- Create a poster about anti-bullying and standing up against bullying

Lesson 29 What's Behind Bullying Behavior?

The purpose of this lesson is for students to explore reasons why a person may display bullying behaviors.

- Discuss bullying and the different forms it may take
- Analyze bullying situations and what may have caused the behavior
- Plan who to talk to if they are experiencing or displaying these behaviors

Lesson 30 Cyberbullying Impact on My Future

The purpose of this lesson is for students to understand that what they post online can have a lasting impact on themselves and others.

- Understand how cyberbullying can impact your future
- Identify situations in your life involving cyberbullying
- Acknowledge if you have cyberbullied someone, and how to move forward in the future



Quaver Plus – Self-Care and Safety

	PURPOSE	OBJECTIVES
Lesson 31 Protecting Myself	The purpose of this lesson is for students to explore protective factors to prevent harm.	<ul style="list-style-type: none">• Recognize safe vs unsafe situations, physically and emotionally• Explore protective factors to prevent harm• Identify what safe situations look like from their perspective
Lesson 32 The Impacts of Addiction	The purpose of this lesson is for students to understand addiction and its impact.	<ul style="list-style-type: none">• Define what addiction is.• Identify different types of addictions a person may experience.• Break down different situations and warning signs of someone who may be struggling with an addiction.• Discuss who you can contact or talk to if you or someone you know is struggling with an addiction.
Lesson 33 Addressing Crisis	The purpose of this lesson is for students to recognize the warning signs of suicide and learn how to communicate concerns.	<ul style="list-style-type: none">• Recognize and be able to identify warning signs of suicide• Understand the importance of communicating your concerns• Build a community of trusted people to go to when dealing with a crisis



Quaver Plus – Resiliency

	PURPOSE	OBJECTIVES
Lesson 34 Persevering Through Adversity	The purpose of this lesson is for students to understand the importance of perseverance in adverse situations.	<ul style="list-style-type: none">• Define perseverance• Discuss the impact of perseverance when handling adverse situations• Recognize the presence of perseverance in others
Lesson 35 Supporting Friends During Adversity	The purpose of this lesson is for students to explore ways to support friends during difficult times.	<ul style="list-style-type: none">• Identify times when a friend may need support• Brainstorm ways to support friends during difficult times• Summarize how being supportive impacts your friendships-
Lesson 36 Becoming a Change Agent	The purpose of this lesson is for students to learn about young people who have advocated for positive change and explore ways to make their own impact.	<ul style="list-style-type: none">• Define positive change• Recognize young advocates for positive change• Explore ways to personally advocate for a positive change in society



Where Learning Comes Alive

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