

Theme	Grade	Lesson List	Description	Time
Academics & Study Skills	Grade 0 Parent	Parent: I Can Do Well	Identify work habits necessary for school success.	20
	Grade 0 Parent	Parent: When I Grow Up	Students will learn how to become a teacher, a vet, and a chef.	6
	Grade 1 Parent	Parent: Work Completion	Identify and practice the steps for completing classroom assignments and activities using good work habits.	10
	Grade 2 Parent	Parent: College Words to Know	Students will learn vocabulary words associated with applying to, living at, and graduating from college.	5
	Grade 2 Parent	Parent: Practice, Practice, Practice	Understand that learning takes repeated practice, and that practice that uses good work habits leads to learning and improvement.	18
	Grade 3 Parent	Parent: Get It All Together!	Identify and apply an organization system for materials.	10
	Grade 4 Parent	Parent: School is Never Over!	Students will learn about the need to always seek new education. Students will learn about new job possibilities that don't exist yet, and jobs that have gone extinct because of changing technology.	5

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Academics & Study Skills

	Grade 5 Parent	Parent: Can I Do This Later?	Prioritize tasks and use strategies to accomplish tasks within a specified time frame.	9
	Grade 5 Parent	Parent: Why Go to School If I Don't Have To?	Students will learn about all the benefits of higher education. Students will learn about different higher education options, income level associated with amount of education, and other non-financial benefits.	5
	Grade 6 Parent	Parent: How Much School Do You Need for Your Dream Career?	Students will learn about different types of careers and the training/school needed for each.	5
	Grade 6 Parent	Parent: Study Skills	Identify study skills strategies for class tests.	7
	Grade 7 Parent	Parent: Mastering Long-Term Projects	Learn how to break long term projects into manageable chunks.	
	Grade 7 Parent	Parent: What Are the Important Steps to Getting Into College?	Learn the important steps that lead to college.	5
	Grade 7 Parent	Parent: What Is College?	Students will learn what college is and how college is different from their current school.	8

Theme	Grade	Lesson List	Description	Time
Academics & Study Skills	Grade 8 Parent	Parent: Planning and Asking for Help	Plan a schedule that prioritizes responsibilities. Ask for help when needed to accomplish tasks.	10
	Grade 9 Parent	Parent: Building Your Systems: Taking Notes and Organizing Materials	Understand the benefits of note-taking and organizational systems with the purpose of being ready to learn and work.	5
	Grade 9 Parent	Parent: Making Plans: Freshman Year and Beyond	Students will be able to explain the importance of a transcript and what is on it, and describe what should appear on a high school resume.	3
	Grade 9 Parent	Parent: The Four Year Plan to Your Future	Students will learn what they should do each year of high school to prepare for college.	5
	Grade 9 Parent	Parent: Tips to Maximize Your Student's Success In Class	Understand the importance of soft skills for future job success and learning in the classroom.	7
	Grade 10 Parent	Parent: The Importance of Challenging Your Student	Meeting challenges with a "growth mindset" means thinking your student can learn anything with persistence, strategy use, and help from others.	7
	Grade 10 Parent	Parent: What Are the Important Steps to Getting Into College	Students will learn the important steps they have to take to get into college	9

Theme	Grade	Lesson List	Description	Time
Academics & Study Skills	Grade 11 Parent	Parent: Pace Your Student: Mindful Test Preparation	Whether it's an ACT, SAT, or a licensure test, high-stakes tests are important - but they can be stressful.	7
	Grade 11 Parent	Parent: The Junior Year College Application Checklist	Students will learn how to identify what steps they should take during their junior year as part of the college application process.	
	Grade 12 Parent	Parent: Mission Possible: Never Stop Learning	Learning continues throughout life, and you find areas you are passionate about where you will continue learning. Ways you continue to learn in adulthood include reading, watching instructional videos, taking classes, going back to school, asking for help, developing a network of colleagues, reading about topics you are interested in, and traveling.	5
	Grade 12 Parent	Parent: The Senior Year College Application Checklist	Students will describe the steps they should take during their senior year as they apply to colleges and begin receiving decision letters.	
Athletics	Grade 6 Parent	Parent: Good Sportsmanship	Learn the five key aspects of good sportsmanship. There can be big and little acts of sportsmanship.	8
	Grade 7 Parent	Parent: Team Spirit and Cooperation	Learn what a team is, how teams help individuals become even better, things that hurt teams, and how to cooperate with teammates.	5
	Grade 8 Parent	Parent: Sore Winners and Losers	Learn how to take winning and losing in stride	10

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Athletics	Grade 9 Parent	Parent: Are You Going to Play in College?	Students will be able to understand that the process of recruitment for college athletics begins in their Freshman year.	10
	Grade 10 Parent	Parent: Athletic Recruitment	Students will register at the NCAA Eligibility Center in preparation for College Athletic Recruitment and begin planning out their steps in the recruitment process including compiling highlight video clips.	5
	Grade 11 Parent	Parent: Walking, Talking, and Playing Like a Leader	Students will recognize the importance of leadership in all areas of life, but especially in the arena of recruitment for athletic scholarships.	5
	Grade 12 Parent	Parent: Considering Colleges for Student Athletes	Students will explore the most common criteria used in deciding which college or university to attend and use those criteria to make their own choices when choosing a college.	5
Behavior Management	Grade 0 Parent	Parent: The Cool Down	Students will identify the cool down steps for managing strong emotions.	8
	Grade 0 Parent	Parent: Using I-messages	Students will use I-messages to express themselves.	7
	Grade 0 Parent	Parent: Why Rules?	Explain why rules are important.	22

Theme	Grade	Lesson List	Description	Time
Behavior Management	Grade 1 Parent	Parent: Be Confident!	Students will describe how to communicate confidently when someone is mean or unsafe.	6
	Grade 2 Parent	Parent: Everyone Makes Mistakes	Students will describe how to manage their emotions after making a mistake.	6
	Grade 2 Parent	Parent: Let's Cool Down	Students will describe the steps of the cool down process.	5
	Grade 2 Parent	Parent: The Platinum Rule	Define and explain the difference between The Golden Rule and The Platinum Rule.	18
	Grade 3 Parent	Parent: Handle Your Anger	Students will learn to recognize behaviors of an angry person, including physical cues. Students will learn coping methods for calming down from anger, and what might have triggered the anger in the first place.	5
	Grade 3 Parent	Parent: I Just Have to Say It!	Students will learn when they should say something or keep it to themselves. Students will learn ways to know when it is appropriate to interrupt, and how to get someone's attention respectfully.	5
	Grade 3 Parent	Parent: Learning How to Listen	Students will identify ways to listen to other's feelings and opinions.	5

Theme	Grade	Lesson List	Description	Time
Behavior Management	Grade 3 Parent	Parent: There Are So Many Rules!	Understand that although you may not always agree with rules, you still have the responsibility to follow them.	5
	Grade 4 Parent	Parent: Everybody wins!	Students will identify ways to resolve conflicts resulting in a win-win compromise.	5
	Grade 4 Parent	Parent: Learning from Mistakes	Identify ways to deal with and learn from behavior issues.	5
	Grade 4 Parent	Parent: Oh Man, Am I Angry!	Students will learn which circumstances are likely to anger people, and how to deal with anger.	5
	Grade 4 Parent	Parent: Stick With It!	Students will learn what being on-task and what being off-task means. Students will learn what causes distractions and how to focus, as well as the definitions of concentration and perseverance.	7
	Grade 5 Parent	Parent: Let the Past Stay the Past	Students will describe ways to move on after a conflict.	5
	Grade 5 Parent	Parent: Reflect on Yourself	Identify strategies for self-monitoring that allow for more positive consequences.	8

Theme	Grade	Lesson List	Description	Time
Behavior Management	Grade 5 Parent	Parent: There's a Time and Place	Identify when certain behaviors are appropriate and strategies to control inappropriate behavior.	5
	Grade 5 Parent	Parent: Think Before You Act	Students will learn how to control their anger, and explore the consequences of uncontrolled anger.	5
	Grade 6 Parent	Parent: 'Stop, Think, Choose'	Students will learn how to identify and apply the 'Stop, Think, Choose' strategy before acting.	5
	Grade 6 Parent	Parent: The Truth About Anger	Students will learn what anger is, myths about anger, and techniques to help you remain calm when anger strikes.	5
	Grade 6 Parent	Parent: To Break or Not to Break? The Truth About Rules	Learn why people break rules and why it's a good idea to follow the rules, even when we want to break them.	15
	Grade 7 Parent	Parent: I'm Responsible for What I Do and Say	Students will learn that they are responsible for their own actions; no one 'makes' you do anything.	5
	Grade 7 Parent	Parent: Is My Anger Getting the Best of Me?	Students will learn that anger is a choice, will identify emotions that may surface, and employ techniques to calm down.	5

Theme	Grade	Lesson List	Description	Time
Behavior Management	Grade 7 Parent	Parent: It's Not My Fault! He Made Me Do It! Giving in to Peer Pressure	Learn that no one can make you do something without your consent, we need to take responsibility for our own actions, and how to be proactive instead of reactive.	10
	Grade 8 Parent	Parent: A Friendly Influence: Do my friends influence my conduct?	Learn that your friends influence your thinking and your behavior.	12
	Grade 8 Parent	Parent: The Many Emotions of Anger	Students will learn the different types of anger, emotions that surface with anger, and how to empathize/cope with other people's anger.	5
	Grade 8 Parent	Parent: When Do I Struggle With Controlling impulses?	Students will learn that some people have more trouble controlling impulses than others and methods on managing your impulses.	5
	Grade 9 Parent	Parent: Class Conduct Determines Future Success	Understand the importance of soft skills for future job success and learning in the classroom.	7
	Grade 9 Parent	Parent: When Impulses Get the Better of You	Students will learn how to identify triggers and get back on task.	6
	Grade 10 Parent	Parent: Impulse Control	Students will identify impulse control and develop strategies to ignore triggers to remain focused and composed.	5

Theme	Grade	Lesson List	Description	Time
Behavior Management	Grade 10 Parent	Parent: Why Good Reputations Matter	This lesson examines how the reputation you create in high school impacts future success.	7
	Grade 11 Parent	Parent: Listening and Impulse Control	Students will learn the best way to become active listeners and recover from times when they are not listening.	5
	Grade 11 Parent	Parent: School Conduct and Its Impact on Your Future	Describes the importance of academic honesty. Defines cheating and plagiarism. Explains the importance of rules. Discusses school safety.	5
	Grade 12 Parent	Parent: What Makes a Great Employee?	Explores the dos and don'ts of successful job interviews. Examines how employees should conduct themselves on the job. Describes what employees can expect from their employers.	
Bullying & Prevention	Grade 0 Parent	Parent: Bully, Bully, Go Away	Define bullying and explain why it should be prevented.	6
	Grade 1 Parent	Parent: Big Bullies	Define bullying and list types of power imbalances that may be involved.	6
	Grade 2 Parent	Parent: Bullying Hurts	Define bullying and differentiate between bullying and teasing.	7

Theme	Grade	Lesson List	Description	Time
Bullying & Prevention	Grade 3 Parent	Parent: Be Against Bullying	Students will learn to recognize what bullying is and what bullying behaviors are.	7
	Grade 4 Parent	Parent: The Problem of Bullying	Students will be able to define bullying behaviors and learn how to handle bullying.	9
	Grade 5 Parent	Parent: Keep Calm and Stop Bullying	Students will understand what is considered bullying behavior.	10
	Grade 6 Parent	Parent: Cyberbullying: What You Need to Know	Students will learn the definition of cyberbullying, the importance of reporting it, and why some people bully.	5
	Grade 6 Parent	Parent: How to Handle a Bully	Learn about the importance of reporting, and ways to deal with a bully.	5
	Grade 7 Parent	Parent: Bullying: Am I a Bully, Bystander, or Target?	Learn the definition of bullying, roles in a bullying situation, and possible actions to stop negative interactions.	5
	Grade 7 Parent	Parent: Cyberbullying: How to Protect Yourself	Students will learn the definition of cyberbullying, importance of reporting, and the best way to react and protect oneself against cyberbullies.	5

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Bullying & Prevention	Grade 8 Parent	Parent: Pause Before the Click: a Lesson on Cyberbullying	Students will learn the definition of cyberbullying, the importance of a reputation, and the ease with which we can 'cyberbully' while on line.	5
	Grade 8 Parent	Parent: Speak Out! How You Can Stop Bullying	Learn the importance of reporting bullying, speaking out, and not tolerating bullying behavior.	5
	Grade 9 Parent	Parent: Bullying 101	Students will learn the basics about bullying, bystanding, and ways to respond to bullying situations.	4
	Grade 9 Parent	Parent: Confronting Cyberbullying	Students will learn that cyberbullying can include photos, threats, harassing messages, videos, fake websites, fake profiles, among other things.	6
	Grade 10 Parent	Parent: Stomp Out Bullying	Understand ways to prevent bullying and contribute to a positive school environment	9
	Grade 10 Parent	Parent: Understanding the Effects of Cyberbullying	Students will understand the effects of cyberbullying and how to respond when it happens to them or to someone else.	25
	Grade 11 Parent	Parent: Crossing the Line	Students will learn the definition of harassment; the different types of sexual harassment; how sexual harassment is different from flirting; what to do if you are sexually harassed; legal consequences of sexual harassment.	4

Theme	Grade	Lesson List	Description	Time
Bullying & Prevention	Grade 11 Parent	Parent: The Consequences of Cyberbullying	Students will learn about the consequences of cyberbullying on its victims and the predators that are allowed to bully.	25
	Grade 12 Parent	Parent: Bullying in the Workplace	Students will learn the difference between aggression and bullying; the type of employees who are bullies; what you can do if you are bullied; how bullying can have serious impacts on employee's well-being as well as workplace productivity and the environment.	7
	Grade 12 Parent	Parent: Cyberbullying and Digital Citizenship	Students will learn about the effects of online bullying and virtual footprints that can follow you into the workplace.	25
Digital Citizenship	Grade 0 Parent	Parent: The Power of Words	Students will explain how our words affect others and what we can use instead of hurtful words.	10
	Grade 1 Parent	Parent: Empathy Makes The World Go Round	Students will explain what empathy is and why it is important.	7
	Grade 2 Parent	Parent: Let's Celebrate Each Other	Students will explain why we should celebrate others.	6
	Grade 3 Parent	Parent: Who Are You?: Online Reputation	Students will explain what a reputation is and describe how online behavior can affect their lives.	5

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Digital Citizenship	Grade 4 Parent	Parent: Posting is Forever	Students will identify the potential risks of posting photos, messages, or personal information.	5
	Grade 5 Parent	Parent: Think Before You Click	Students will identify what information is appropriate to share online and describe the effects of online posting.	5
	Grade 6 Parent	Parent: Beware What You Share: So You Think You Know Social Media?	Students will learn general use and safety when on social media.	5
	Grade 7 Parent	Parent: Importance of a Reputation: Building My Child's Brand	Students will learn the importance of building your brand, how associations with certain people affect your online reputation, and why you should keep your fights/arguments to yourself.	5
	Grade 9 Parent	Parent: The Social (Media) Lives of American Teens	Students will learn the basic key issues around social media safety and appropriate conduct.	5
	Grade 10 Parent	Parent: Sexting is Not Sexy	Students will explain the consequences of posting/sending 'sexy' photos and texts.	3
	Grade 11 Parent	Parent: Being Social on Social Media	Students will explain how to navigate social media including developing online interests and safe practices	5

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Digital Citizenship	Grade 12 Parent	Parent: Exploring College and Careers through Social Media	Students will describe how to use social media to do research on schools and potential employment.	5
	Grade 11 Parent, Grade 12 Parent	Parent: The Dangers of Social Media	Students will learn that everything on the Internet isn't rosy (online predators, human trafficking, the dangers of sexting/explicit photos).	5
Emotional Health & Wellness	A360 Staff	Parent: Post Traumatic Stress Disorder	Students will learn about the signs and symptoms of Post Traumatic Stress Disorder (PTSD) and how to get help in managing PTSD.	7
	Grade 0 Parent	Parent: This Made Me Feel...	Identify scenarios that would cause a specific emotion.	4
	Grade 1 Parent	Parent: The Sound of Emotions	Identify emotions by language, tone of voice, and how we feel inside.	5
	Grade 1 Parent	Parent: Your Emotions Change	Tell how emotions change over time.	8
	Grade 3 Parent	Parent: If You Can't Say Something Nice To Yourself	Describe positive self-talk to manage insecurity.	5

Theme	Grade	Lesson List	Description	Time
Emotional Health & Wellness	Grade 3 Parent	Parent: What Triggers Our Emotions?	Students will identify triggers for our emotions.	
	Grade 3 Parent	Parent: Working With Strengths	Students will understand that every person has their own unique strengths and difficulties.	5
	Grade 4 Parent	Parent: Stop, Look, and Listen	Explain how to be a good listener and why listening is important	6
	Grade 4 Parent	Parent: Emotional Intensity	Students will determine the intensity of emotions.	5
	Grade 4 Parent	Parent: Full of Energy!	Students will learn ways that hyperactivity can affect the lives of those with and without ADHD, and techniques to manage hyperactivity.	5
	Grade 4 Parent	Parent: What Do I Say to Myself?	Students will describe what self-talk is and its impact on our attitude and effort.	5
	Grade 5 Parent	Parent: I'm Feeling A Little Nervous	Students will learn that social situations are a part of life that can be handled.	5

Theme	Grade	Lesson List	Description	Time
Emotional Health & Wellness	Grade 5 Parent	Parent: Striving for Greatness	Students will identify traits and behaviors that demonstrate a positive self-concept including self-control, perseverance, and kindness.	5
	Grade 5 Parent	Parent: The Cycle of Emotions	Parents will help students recognize negative thoughts and determine positive, realistic replacement thoughts.	5
	Grade 6 Parent	Parent: Stress Signals: Knowing Your Emotions' Ways of Asking for Help	Recognize stress as a signal of a problem.	10
	Grade 6 Parent	Parent: The Difference between Sadness and Depression	Students will learn the difference between sadness and depression, the definition of depression and how to get help.	7
	Grade 6 Parent	Parent: Your Child's Brain, Body, and Strong Emotions	Understand what happens in your child's brain and body when you experience strong emotions.	5
	Grade 7 Parent	Parent: The Dangers of Self-Injury	Students will understand what self-harm means, learn about the reasons people hurt themselves, and how to get help for the behavior.	7
	Grade 7 Parent	Parent: Your Child's Internal Traffic Pattern	Understand what happens in your brain and body when you experience strong emotions.	8

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Emotional Health & Wellness	Grade 8 Parent	Parent: Pay Attention to Emotions	Make connections between emotions and situations that need attention.	5
	Grade 8 Parent	Parent: Trail Maps: Assess Your Stress and Make a Plan	Students will learn to assess their level of stress and make a plan to combat it.	3
	Grade 9 Parent	Parent: Understanding the Potential Signs of Depression	Students will learn about depression: what it is, how it is diagnosed, how long it can last and how to get help.	7
	Grade 10 Parent	Parent: Teenage Suicide	Students will learn about teenage suicide and the dangers of ignoring depression and feelings of hopelessness in themselves or friends.	7
	Grade 11 Parent	Parent: Understanding Bipolar Disorder	Students will learn about bipolar disorder, an understanding of diagnosis, symptoms and signs, and the help that is available.	7
	Grade 12 Parent	Parent: A Matter of Perspective	Optimism and resiliency are keys for success throughout life.	4
	Grade 12 Parent	Parent: Impulse Control	Students will learn how to navigate major decisions by limiting impulses and influences of other outside factors like peer pressure.	

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Emotional Health & Wellness	Grade 12 Parent	Parent: Load-bearing Walls: Identify Supports That You Have to Help You Manage Strong Emotions	Students will describe how to recognize who and what make up external support systems to help manage emotions.	7
	Grade 12 Parent	Parent: Understanding Eating Disorders	Students will learn about the three major types of eating disorders, the signs and symptoms of the disease, and treatment options.	7
Emotional Regulation	Grade 0 Parent	Parent: Managing Big Emotions	Students will explain how to handle big emotions.	8
	Grade 1 Parent	Parent: Managing Strong Emotions	Students will recognize strong emotions and identify a strategy to manage them.	6
	Grade 1 Parent	Parent: You're In Control	Students will describe the choices they have in how they respond to situations.	6
	Grade 3 Parent	Parent: Give Me a Break!	Students will learn how to manage themselves and their emotions by knowing when to calm down and how.	5
	Grade 4 Parent	Parent: Leave Negative Nelly and Ned Behind	Describe positive self-talk to manage anger.	8

Theme	Grade	Lesson List	Description	Time
Emotional Regulation	Grade 4 Parent	Parent: Which Strategies Work to Manage My Stress?	Students will learn how to determine the best calming strategies for each situation.	4
	Grade 5 Parent	Parent: You are Now Entering Stress Boulevard	Students will learn ways to handle stress and strong emotions. Some techniques include grounding and deep breathing exercises.	6
	Grade 6 Parent	Parent: Stress Strategies You Can Use	Students will learn coping strategies to manage stress, including positive self-talk, muscle relaxation, and guided imagery.	4
	Grade 7 Parent	Parent: Use Mindfulness to Manage Stress	Students will learn what meditation and mindfulness are, how to practice them, and what benefits they will receive.	4
	Grade 9 Parent	Parent: Mind Your Mind: Practicing Mindfulness to Manage Emotions	Students will learn how to practice mindfulness to manage emotions.	5
	Grade 10 Parent	Parent: A Conscious Conscience: Using Self-Talk to Manage Anger	Using self-talk to manage anger.	5
	Grade 10 Parent	Parent: Anger Management	Students will learn how to identify the triggers that will send their anger into uncontrolled fits of rage, how to maintain their composure, and what to do to regain their composure.	5

Theme	Grade	Lesson List	Description	Time
Emotional Regulation	Grade 10 Parent	Parent: Manage Anger Through Mindfulness	Mindfulness to manage anger.	5
	Grade 11 Parent	Parent: Agility Training for Your Mind	Students will learn how to select an important target to focus their attention around, instead of reacting to every situation volatily. Students will learn the 4-step process to getting in touch with their emotions.	2
	Grade 12 Parent	Parent: Workplace Anger	Students will learn about the issues around workplace anger: how to handle issues, how to solve problems, and how to reflect and recover when something goes wrong.	5
Global Empathy/Perspective Taking	Grade 3 Parent	Parent: Let's All Get Along	Students will define tolerance and identify situations where tolerance is used.	5
	Grade 4 Parent	Parent: Taking Care of Our World	Students will identify ways to care for the environment, both globally and locally.	5
	Grade 5 Parent	Parent: What Do You Believe?	Students will examine how people have different beliefs and ways to have tolerance for other's beliefs.	5
	Grade 6 Parent	Parent: How Can We All Get Along?	Students will describe how recognition, tolerance, acceptance, and appreciation are steps to accept others	5

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Global Empathy/Perspective Taking	Grade 7 Parent	Parent: How Can I Make a Difference?	Students will identify ways individuals and groups of people can conserve and care for our planet.	5
	Grade 11 Parent	Parent: Social Justice	Students will learn how to identify examples of social injustice and how to respond appropriately when confronted by it.	7
Goal-Setting & Future-Planning	Grade 0 Parent	Parent: Why School Is important	State the importance of learning and identify ways students are successful in school.	5
	Grade 3 Parent	Parent: Be Smart With Your Money	Students will examine ways bartering began exchanges of goods and how people earn money.	5
	Grade 3 Parent	Parent: What Can I Do After High School?	Students will learn about different kinds of higher education, different kinds of certification and degrees, and the kinds of jobs available at each level.	5
	Grade 3 Parent	Parent: Why Set Goals?	Students will name reasons why people set goals.	5
	Grade 4 Parent	Parent: Finding Success with Goals	Students will create goals and describe the steps to achieve them.	5

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Goal-Setting & Future-Planning	Grade 4 Parent	Parent: Spending Wisely	Students will explain the difference between needs and wants in regards to spending money.	5
	Grade 5 Parent	Parent: Let's Be S.M.A.R.T.!	Students will define the components that create a S.M.A.R.T. goal.	5
	Grade 5 Parent	Parent: Moving to Middle School	Examine social, physical, and academic changes that occur in middle school.	5
	Grade 5 Parent	Parent: Saving for Success	Students will identify ways to save and make money.	5
	Grade 6 Parent	Parent: How to Earn Some Cash	Students will learn ways to earn money as a 6th grader.	15
	Grade 6 Parent	Parent: How to Reach Your Goals	Students will learn that goal-setting is a cyclical process; once you complete a goal you can start planning for the next goal. Students will learn the acronym SMART to create goals.	5
	Grade 6 Parent	Parent: Saving Success	Students will learn ways to earn money as a 6th grader.	5

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Goal-Setting & Future-Planning	Grade 7 Parent	Parent: I Didn't Reach My Goal! What Now?	Students will analyze what happened to cause them to fall short of an unaccomplished goal.	5
	Grade 7 Parent	Parent: Lessons of a Loan: Borrowing Money	Students learn the cost of borrowing money	5
	Grade 8 Parent	Parent: High School is Coming!	Students will explain ways that middle school and high school are similar and different and prepare for the transition	5
	Grade 8 Parent	Parent: Short Term vs. Long Term Goals	Students will explain difference between short term and long term goals.	5
	Grade 9 Parent	Parent: Good Habits and Goal Setting	Students will identify ways to break old habits and develop new habits, focusing on their triggers and reward systems in order to achieve success.	5
	Grade 9 Parent	Parent: Understand your Paycheck	Students will be introduced to the basics of financial literacy, such as reading a paycheck and budgeting to make ends meet.	5
	Grade 10 Parent	Parent: Budgeting Your Money	Students will learn how to develop a budget and use tools, like their bank or credit union, to save for a large expense.	5

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Goal-Setting & Future-Planning	Grade 10 Parent	Parent: Developing Good Habits and Tracking Them	Students will describe how to choose one or two good habits for school and track them independently.	5
	Grade 10 Parent	Parent: What Does a Paycheck Have to Cover?	Minimum wage jobs don't always earn enough money to support someone fully each month, so what all needs to be covered by a paycheck?	20
	Grade 11 Parent	Parent: Choosing Future Employment Options	Students will learn about the different job options available to them after they graduate from high school.	5
	Grade 11 Parent	Parent: Setting Monthly and Yearly Goals	Students will learn how to set monthly and yearly goals and keep track of their progress.	5
	Grade 12 Parent	Parent: Building Credit and Financial Literacy	Students will learn how to build credit and navigate the financial world in order to make informed decisions about making purchases and saving money.	5
	Grade 12 Parent	Parent: Fast Forward Ten Years... Where are you?	Students will learn about how to conduct a SWOT analysis and develop their ten-year plan.	3
Relationship Skills	Grade 0 Parent	Parent: Friends Can Be Different	Students will state how to be a good friend, even when you don't like the same thing.	5

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Relationship Skills	Grade 1 Parent	Parent: Sharing Our Friends	Students will explain why sharing friends is part of being a good friend.	6
	Grade 2 Parent	Parent: Friendship is a Two-Way Street	Students will explain how friendship is a two-way street and describe how friends should treat us.	6
	Grade 3 Parent	Parent: Do I Have to Like Everyone?	Students will recognize ways to treat people who they do not get along with.	5
	Grade 3 Parent	Parent: Everyone Needs Friends	Students will identify the characteristics of a good friend and give examples of ways to make new friends.	5
	Grade 3 Parent	Parent: Some People Are Born Shy	Students will learn that shyness is a personality trait that others can learn to understand and relate to.	5
	Grade 3 Parent	Parent: The Branches of Your Family Tree	Students will identify roles of extended family members.	5
	Grade 4 Parent	Parent: Friendships Can Be Tough	Students will describe ways to resolve conflicts in a friendship.	5

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Relationship Skills	Grade 4 Parent	Parent: Getting Along with Siblings	Students will identify reasons why brothers and sisters fight and describe ways to get along with siblings.	6
	Grade 4 Parent	Parent: They Said WHAT?: Talking Behind Your Back	Students will recognize that talking behind someone's back is hurtful and there are ways to resolve these issues.	5
	Grade 5 Parent	Parent: Can't Live With Them, Can't Live Without Them!	Students will identify reasons why parents and kids don't get along and ways for them to get along.	5
	Grade 5 Parent	Parent: Do We Have to Work Together?	Students will identify ways to work with others who they don't get along with.	5
	Grade 5 Parent	Parent: Friendships Can Change	Students will identify why friendships change or end.	5
	Grade 6 Parent	Parent: Facts About Friendship: Why Are My Friendships Changing?	Students will recognize that some friends are better for them than others, that friendships change over time, and that good friends can help you grow.	5
	Grade 7 Parent	Parent: My parents don't like my friends...now what?	Students will identify reasons why a parent may disapprove of a friend, what to do to help change their minds, and how to make a good first impression on your friends' parents.	5

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Relationship Skills	Grade 8 Parent	Parent: How Much Should I Trust My Friend?	Students will recognize that friends need to earn your trust before you tell them everything, what to do when a friend breaks your trust, and how to build trust when you are the one who breaks it. CONTENT ADVISORY - Be advised that some of the video content in this lesson contains language that may be considered offensive.	5
	Grade 8 Parent	Parent: How Tolerant am I?	Students will identify ways that people criticize others and ways to practice tolerance with those we come in contact with everyday.	5
	Grade 9 Parent	Parent: Ending the Cycle: Understanding Others' Emotions and Perspectives	This lesson encourages students to see someone else's point of view and understand how others feel. It focuses on the importance of empathy in working together and getting along with others.	10
	Grade 9 Parent	Parent: When Social and/or Romantic Relationships Go Wrong	Students will learn how to react, cope, and recover from betrayal either from a romantic relationship or from a friend.	5
	Grade 10 Parent	Parent: Relationships and Intentions	Students will identify whether or not 'the signs' they are seeing are really rooted in romantic possibilities or just the sign of friendship.	2
	Grade 11 Parent	Parent: Breaking Up is Hard to Do	Students will identify ways to cope with the stress of breaking up with a significant other as well as ways to move forward when it is over.	5
	Grade 12 Parent	Parent: Maintaining Friendships During Transition	Students will identify ways to move through the transition of high school to college while maintaining relationships.	5

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Responsible Decision-Making	Grade 3 Parent	Parent: It's Not My Fault!: Accepting Responsibility	Students will describe ways to accept responsibility by admitting to mistakes instead of misplacing blame.	5
	Grade 4 Parent	Parent: The Responsibility of Growing Up	Students will name ways responsibilities change as people grow up.	5
	Grade 5 Parent	Parent: Taking Control of Your Education	Students will identify ways to take responsibility for their learning.	6
	Grade 6 Parent	Parent: With Power Comes Great Responsibility	Students will identify reasons why people avoid taking responsibility and the benefits of accepting responsibility	5
	Grade 7 Parent	Parent: The Blame Game	Students will identify reasons we blame others instead of taking responsibility CONTENT ADVISORY - The video in activity 1 uses the word 'damn'	6
	Grade 8 Parent	Parent: Helping Out at Home	Students will describe actions that can be done at home to help out the family and show responsibility	6
	Safety, Health & Wellness	Grade 3 Parent	Parent: Get Outside and Play!	Students will identify benefits to the body and mind from being in nature.

Theme	Grade	Lesson List	Description	Time
Safety, Health & Wellness	Grade 3 Parent	Parent: Unsafe Touches are NOT Okay	Students will define what sexual abuse means and what to do if someone is abusing you.	8
	Grade 4 Parent	Parent: How Can I Help My Friend?	Students will identify ways to help friends who are being abused.	5
	Grade 4 Parent	Parent: Take a Break and Relax	Students will define relaxation and recreation and give examples of both.	8
	Grade 5 Parent	Parent: Personal Hygiene	Students will identify reasons puberty changes body chemistry, then explain ways to practice good hygiene.	5
	Grade 5 Parent	Parent: Rules to Protect Yourself	Students will identify types of abuse and describe how to stop abuse.	5
	Grade 6 Parent	Parent: Stranger Danger: Not Just for Little Kids	Students will identify stranger dangers and describe ways to stay safe.	5
	Grade 6 Parent	Parent: You Are What You Eat	Students will identify parts of a food nutrition label and analyze their application to healthy living	5

Theme	Grade	Lesson List	Description	Time
Safety, Health & Wellness	Grade 7 Parent	Parent: Catching Some Zzzzz's	Students will identify reasons why sleep is important for teens.	5
	Grade 7 Parent	Parent: Sexual Assault and Harassment: What You Need to Know	Students will recognize what sexual assault is, what the laws are relating to sexual assault, how to be safe and avoid sexual assault, and what to do if you are being sexually harassed. CONTENT ADVISORY - Be advised that some of the video content in this lesson contains discussion of extreme behaviors and explicit language.	5
	Grade 8 Parent	Parent: Ah, the Sweet Life	Students will identify ways sugar affects the body and describe ways to monitor one's intake of sugar.	6
	Grade 8 Parent	Parent: It's all in good fun, or is it? The Truth About Abusive Relationships	Students will identify the warning signs of an abusive relationship and explain how to improve or leave abusive relationships.	10
	Grade 9 Parent	Parent: The Dangers of Human Trafficking	Students will describe human trafficking, explain how victims are exploited, and list ways they can protect themselves.	9
	Grade 9 Parent	Parent: The Importance of Healthy Habits	Students will identify the tools they need to get and stay healthy.	5
	Grade 10 Parent	Parent: The Importance of Recreation	Students will describe the importance of recreation in their lives as well as maintaining a life balance between school, extracurricular activities, and their social lives.	7

Theme	Grade	Lesson List	Description	Time
Safety, Health & Wellness	Grade 10 Parent	Parent: When Your Date Doesn't Hear the Word 'No': Sexual Assault and Date Rape	Students will be able to describe the factors that lead to date rape and explain steps they can take to avoid it.	7
	Grade 11 Parent	Parent: Don't Stress About Stress	Students will identify several stress management techniques that will help them feel less overwhelmed when the going gets rough.	5
	Grade 11 Parent	Parent: The Dangers of Abuse and Abusive Relationships	Students will identify different types of abuse and explain how to get help if they find themselves or a friend in an abusive relationship. CONTENT ADVISORY - Be advised that some of the video content in this lesson contains extreme behaviors.	5
	Grade 11 Parent, Grade 12 Parent	Keeping Your Teen Safer Behind the Wheel	Driving can be dangerous, but it can also be an important part of growing up and becoming an independent person-especially in places where there isn't a lot of public transportation to depend on and you need a car to travel to work or school.	20
	Grade 12 Parent	Parent: Health and Wellness for Life	Students will identify the habits of healthy living and explain the dangers of engaging in risky behavior.	7
	Grade 12 Parent	Parent: Workplace Abuse and Harassment	Students will identify harassment and differentiate between actions that are and are not considered harassment. CONTENT ADVISORY - Be advised that some of the video content in this lesson contains extreme behaviors.	5
Substance Abuse & Prevention	Grade 0 Parent	Parent: What Is Medicine?	Understand what a medicine is and what it does, and tell how to use medication appropriately.	8

Theme	Grade	Lesson List	Description	Time
Substance Abuse & Prevention	Grade 2 Parent	Parent: Effects of Substances on the Body	Identify the effects of legal and illegal substances on the body, ways to say no, and trusted adults to tell about pressure to use these substances.	8
	Grade 3 Parent	Parent: Yuck, I'm Not Feeling Well...	Identify types of medicines (prescription and over the counter) and how they can affect your body.	5
	Grade 4 Parent	Parent: Medicine at School	Students will be able to recognize reasons why medicines at school need to be given with special care.	5
	Grade 5 Parent	Parent: It's Great to Share, Just Not Prescription Meds	Students will investigate reasons why it is unsafe to share prescription medicines.	5
	Grade 5 Parent	Parent: Tobacco, Alcohol, and Saying No	Students will learn that tobacco and alcohol are legal substances that can be harmful, and identify how to say no to peers.	6
	Grade 6 Parent	Parent: The Dangers of Cigarette Smoking, Vaping, and Sniffing	Students will learn the difference between smoking, vaping, and sniffing. Students will learn the dangers of tobacco and harmful side effects of vaping and sniffing.	7
	Grade 7 Parent	Parent: How to Say No to Drugs and Alcohol	Students will learn to identify the negative effects of alcohol and marijuana as well as ways to proactively prevent substance abuse, recognize ways to turn-down an offer of alcohol or marijuana, and create circumstances and situations to choose to live healthy lives.	6

Theme	Grade	Lesson List	Description	Time
Substance Abuse & Prevention Safety, Health & Wellness	Grade 8 Parent	Parent: What You Should Know About Addiction	Students will learn the signs and symptoms of physical and psychological addiction, and what to do to get help for themselves or others.	5
	Grade 9 Parent	Parent: Prescription Drug Abuse Among Teenagers	Students will learn the effects and harm of abusing over-the-counter and prescription drugs.	4
	Grade 10 Parent	Parent: Illegal Drugs and You: A Lethal Combination	Students will identify the dangers of using illegal drugs, combining drugs (illegal or prescription) with alcohol, and the ten deadliest street drugs that should be avoided at all costs.	4
	Grade 11 Parent	Parent: Seeking Help for Addiction	Students will recognize if they are addicted to drugs, who is the best person to talk to about their addiction, and what types of treatment supports are available.	4
	Grade 12 Parent	Parent: The Risks and Consequences of Underage Drinking	Students will learn motivations of why teens try alcohol for the first time, why teens are vulnerable to binge drinking, how binge drinking affects teen brains and bodies, and the potential consequences of underage drinking.	5