

Social Emotional Learning and Mental Health  
High School Scope and Sequence 2022-2023

August				
	Required Lesson	Required Lesson	Choice Lesson	Choice Lesson
Competency	<a href="#">Awareness of Self &amp; Others</a>	<a href="#">Social Skills</a>	<a href="#">Self-Management</a>	<a href="#">Self-Management</a>
Grade	Learning Skills	Cooperation	Self-Control	Focus
9 <sup>th</sup>	Getting Organized	Giving and Receiving Feedback	Weathering the Whirlwind	Overcoming Distractions
10 <sup>th</sup>	Study Smarter	Make the Dream Work	Habit Help	Value of Choice
11 <sup>th</sup>	Cure a Negative Mindset	Wired for Cooperation	To Delay or Not to Delay	Self-Care for Focus
12 <sup>th</sup>	Lifelong Learning	Group Decision-Making	In the Driver's Seat	Eye On the Goal
Tier 3	Remember This	Thanks for the Feedback!	Who Am I?	My Values
September is National Suicide Prevention Month				
	Required Lesson	Required Lesson	Required Lesson	Choice Lesson
Competency	<a href="#">Self-Care</a>	<a href="#">Social Awareness</a>	Mental Health	<a href="#">Self-Management</a>
Grade	Healthy Boundaries	Safe & Ethical Behavior	Reducing the Risk of Suicide	Stress Management
9 <sup>th</sup>	Personal Boundaries	THINK Before You Post	Risk Factors for Suicide	Face Your Fear
10 <sup>th</sup>	Beliefs, Values, and Boundaries	Risk-Taking	Suicide: Warning Signs	Got Stress
11 <sup>th</sup>	The Balancing Act	Words Can Hurt	Suicide Stigmas	Balancing Stress
12 <sup>th</sup>	My Boundaries	Bullying and Harassment	Evaluating Protective Strategies	Be Your Own CEO
Tier 3	Healthy Body, Happy Heart	Keeping Safe	Tier 3 supports included in lesson above	Emotions and Behavior
October is National Stop Bullying Day and Cyber Safety Month				
	Required Lesson	Required Lesson	Required Lesson	Choice Lesson
Competency	<a href="#">Social Skills</a>	<a href="#">Social Awareness</a>	Mental Health	<a href="#">Awareness of Self &amp; Others</a>
Grade	Respect	Empathy	Online Safety	Emotions
9 <sup>th</sup>	Respect Yourself	Empathy Busters	Balancing Screen Time	Waves of Emotion
10 <sup>th</sup>	SALT Shaker	Resolving Conflicts with Empathy	Online Respect	Shades of Emotion
11 <sup>th</sup>	Roles and Respect	Care to Care	Check the Source	Accepting Emotions

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12 <sup>th</sup>	Respect, Relationships, and You	Empathy and Social Change	Solve the Problem Online	My Emotional Intelligence
Tier 3	Respecting Authority	Healthy Body, Happy Heart	Tier 3 supports included in lesson above	Emotions and Behaviors
November is World Kindness Day				
	Required Lesson	Required Lesson	Required Lesson	Choice Lesson
Competency	<a href="#">Social Awareness</a>	<a href="#">Social Awareness</a>	Mental Health	<a href="#">Awareness of Self &amp; Others</a>
Grade	Cultural Competence	Actions and Consequences	Depression	Values
9 <sup>th</sup>	STOP Stereotype	Decisions, Decisions	ICE Stinking Thinking	Respecting Our Values
10 <sup>th</sup>	Cultural Competence	Cyber Consequences	Flip the Script	Value of Choice
11 <sup>th</sup>	Culture Change	Decision-Making ESP	Know Your Worth	Trust Your GUT
12 <sup>th</sup>	Cultural Competence	Decision-Making	Sense of Purpose	My Life Compass
Tier 3	Culture Research	Paving the Path for Success	Tier 3 supports included in lesson above	My Values
December is Human Rights Month				
	Required Lesson	Choice Lesson	Winter Break	
Competency	<a href="#">Social Awareness</a>	<a href="#">Social Skills</a>	Winter Break	
Grade	Social Contributions	Fairness	Winter Break	
9 <sup>th</sup>	Passion to CARE	Fair vs. Equal	Winter Break	
10 <sup>th</sup>	Make a Difference	Our Human Rights	Winter Break	
11 <sup>th</sup>	CAUSE We Care!	Empathy and Human Rights	Winter Break	
12 <sup>th</sup>	Change Makers	Human Rights: Whose Responsibility?	Winter Break	
Tier 3	Community Volunteer	Fairness	Winter Break	
January is National Slavery and Human Trafficking Preventing Month				
	Winter Break	Required Lesson	Required Lesson	Required Lesson
Competency	Winter Break	<a href="#">Self-Care</a>	<a href="#">Social Awareness</a>	Mental Health
Grade	Winter Break	Self-Advocacy	Support Systems	Human Trafficking
9 <sup>th</sup>	Winter Break	Advocate for Yourself	Stress Busters!	Recognizing Traffickers
10 <sup>th</sup>	Winter Break	It's Up to You	Support Systems and Role Models	Human Trafficking: Power and Control

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11 <sup>th</sup>	Winter Break	Advocate for Your Rights	Giving Support	Notice the Signs
12 <sup>th</sup>	Winter Break	Adulting	Your Support System	Ending Human Trafficking
Tier 3	Winter Break	Speak Up	It Takes a Village	
February is Teen Dating Awareness Month				
	Required Lesson	Required Lesson	Required Lesson	Choice Lesson
Competency	<a href="#">Social Skills</a>	<a href="#">Self-Care</a>	Mental Health	<a href="#">Awareness of Self &amp; Others</a>
Grade	Relationships	Self-Compassion	Preventing Violence	Self-Knowledge
9 <sup>th</sup>	Groups or Cliques	Self-Compassion	#HealthyRelationships	You Got Personality
10 <sup>th</sup>	Roles and Relationships	Accepting Yourself	Consent Culture	What's Your Purpose?
11 <sup>th</sup>	Shifting Relationships	Take Care of You	Collective Violence	Accepting Ourselves
12 <sup>th</sup>	EL Leadership	Loving Yourself	Take Action to Prevent Violence	Know Thyself
Tier 3	Relationships	Be Kind to Yourself	Tier 3 supports included in lesson above	Who Am I?
March is National Social Work Month				
	Required Lesson	Required Lesson	Required Lesson	Choice Lesson
Competency	<a href="#">Self-Management</a>	<a href="#">Self-Management</a>	Mental Health	<a href="#">Awareness of Self &amp; Others</a>
Grade	Resilience	Problem-Solving	Anxiety	Growth Mindset
9 <sup>th</sup>	Strength from Support	Pick the Best Solutions	Recognizing Anxiety	Failure Is an Option
10 <sup>th</sup>	Everyday Resilience	Facts, Not Feelings	Stop the Stigma of Anxiety	Beyond Failure
11 <sup>th</sup>	Out of Your Control	Stretch Yourself	Cultivating Compassion	From Failures to Inventions
12 <sup>th</sup>	Overcoming Adversity	Higher-Order Solutions	Managing Anxiety	Mind Your Mindset
Tier 3	My New Group	6 Steps for Peace	Tier 3 supports included in lesson above	My New Group
April is Alcohol Awareness Month				
	Required Lesson	Required Lesson	Required Lesson	Choice Lesson
Competency	<a href="#">Social Skills</a>	<a href="#">Awareness of Self &amp; Others</a>	Mental Health	Mental Health
Grade	Friendship	Wants and Needs	Substance Use Disorders	Support Systems
9 <sup>th</sup>	Be a Good Friend	Reaching My Potential	Knowing Ourselves	Making Connections
10 <sup>th</sup>	Circles of Friendship	CREATE!	Practicing Communication	Speed Connecting
11 <sup>th</sup>	Fast Friendship	Aesthetic Expressions	Setting Healthy Goals	Life After Trauma

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12 <sup>th</sup>	Lasting Friendships	My Unique Potential	Evaluating Protective Strategies	Support Snapshots
Tier 3	Types of Friends	We Are Different	Tier 3 supports included in lesson above	Tier 3 supports included in lesson above
May is Mental Health Awareness Month				
	Required Lesson	Required Lesson	Required Lesson	Choice Lesson
Competency	<a href="#">Social Skills</a>	<a href="#">Self-Care</a>	Mental Health	Mental Health
Grade	Conflict Resolution	Mindfulness	Mental Wellness	Healthy Identities
9 <sup>th</sup>	Win-Win Solutions	Being Mindful	Mental Wellness Factors	Identity Inventory
10 <sup>th</sup>	Conflict Communication	Practicing Mindfulness	Mental Wellness Supports	Identity Messages
11 <sup>th</sup>	Reaching Consensus	Choose Peace	Social Factors of Mental Wellness	Identity in Context
12 <sup>th</sup>	Resolve. Restore. Repeat.	SEE from a New Perspective	Mental Wellness Laws and Policies	Identity Intersections
Tier 3	6 Steps for Peace	Being Mindful	Tier 3 supports included in lesson above	Tier 3 supports included in lesson above
June				
	Required Lesson	Required Lesson	Choice Lesson	
Competency	<a href="#">Self-Care</a>	<a href="#">Self-Care</a>	Mental Health	
Grade	Self-Efficacy	Optimism	Resilience	
9 <sup>th</sup>	Let Go of Limiting Beliefs	Becoming an Optimist	Trust and Resilience	
10 <sup>th</sup>	Belief to Reach a Goal	Focus on Optimism	Acting with Resilience	
11 <sup>th</sup>	Visualize to Realize	Look on the Lighter Side	Hope Is...	
12 <sup>th</sup>	Build Your Self-Efficacy	Leading with Optimism	Build Your Resilience	
Tier 3	Believe in Yourself!	Yay Optimism!	Tier 3 supports included in lesson above	