**New York SEL Benchmark Courses**

**6-12 Content Suite**

**6th Grade**

My Needs and Limits

Social/Emotional Health – Emotional Pain, Loss & Stress

Stressful Life Events – Being Unprepared

Choosing Purpose – Manage Stress

Focus & Success – Four Pillars of Focus

Know Yourself, Love Yourself – Positive Reinforcement (Erin's Law)

Develop Yourself

Impact Your Community – The Importance of Community

Finding a Mentor – Expand Your Life Vision

Dreaming – Learning How to Dream

Opportunity – Challenge + Change = Opportunity

Value – Appreciate the Value in Others

Making a Social Impact

Restorative Circles – Reflecting on Your Feelings with Others

Social Skills – Social Awareness

Compassion & Empathy – Love Always Wins

Understanding Bullying – Tragedy on Both Sides

Overcoming Bullying: Real Stories – Standing Up the Right Way

Being a True Leader

Equity – Advocating for Others

Healthy Relationships – Relationship Skills

Behaviors & Traits That Lead to Success – Be Proactive

Vulnerability – Overcoming Confrontation

Your Story – Overcoming Peer Pressure (Erin's Law)

Successful Decision-Making Skills

Self-Esteem – It’s All about Perspective

Safety – A Safety Net for Others

Citizenship – Reasons for the Law

Growth Mindset – The Decision-Making Chart

Truancy – Skipping Class and School

Advocating for Others

Successful Decision-Making – Problem-Solving

Identifying Suicide Risks and Protective Factors – Mental Health and Substance Abuse

Giving is Getting – Giving Back or Just Giving?

Reducing the Stigma of Mental Health – Protecting Those with Mental Health Illnesses

A Reinvented Leader – It's Not Black and White

**7th Grade**

Developing a Growth Mindset

Stressful Life Events – School, Homework & Test Stress

Dealing with Trauma – Identifying Trauma (Erin's Law)

Reasonable Response – Hope in Hopelessness (Erin's Law)

Frame Your World – Choosing between Two Realities

Growth Mindset – Daily Disciplines

Expanding Your Goals and Perspective

Skills You Need – The Power of Focus

A Reinvented Leader – True Leadership

Don't Stay Silent – Breaking Free from My Secrets (Erin's Law)

Communication Skills – Communicating with Your Teachers

Choosing Purpose – Life-Changing Goals

The Power of Emotional Intelligence

Successful Decision-Making – Identifying Problems

Know Yourself, Love Yourself – Limits and Abilities

Understanding Social Differences – Emotional Intelligence

Communication Skills – Your Internal Dialogue

Anti-Racism – What Does It Mean to Be an Ally?

Impact Your Community

Understanding Bullying – Hurt People . . . Hurt People

Overcoming Bullying: Real Stories – Techniques to Overcome Bullying

Mental Health – The Freedom in Forgiveness (Erin's Law)

Traits of a Successful Student and Employee – Driven & Dependable

Safety – Are Your Relationships Safe? (Erin's Law)

Personal Safety and Boundaries

Purposeful Communication Techniques – Conflict Resolution

Mental Wellness – Learning How to Say "No" (Erin's Law)

My Environment – Creating Boundaries

Relationships – The Power of Connection

Citizenship – Defining Citizenship

Taking Responsibility

Truancy – Truancy and Absenteeism

Refusal Skills & Strategies – The Decisions Made: Goal Settings

Safety – Finding Safety (Erin's Law)

Anti-Racism – Being Anti-Racist

Overcoming Bullying: Real Stories – Tricks & Tips to Overcome

**8th Grade**

Managing Stress and Overcoming Life Barriers

Resiliency – Coping Skills (Erin's Law)

Prevention of Mental Health Disorders – Communicating Stress in the Moment

Making Powerful Decisions – Overcoming Traumatic Memories (Erin's Law)

Positive & Negative – The Effects of Negativity

Inner Engineer – Activities, Time Commitments & Fearing Success

Building a Life Roadmap

Resources – Teachers

Crisis Management – Learned Helplessness (Erin's Law)

Finding a Mentor – You Don’t Need to Figure Everything Out Alone

Moving Forward – Be Clear on What You Want and What You Don’t

Overcoming the Past – Learning from Our Mistakes

Diversity and Inclusion

Mindfulness and Accountability – Perspective-Taking

Social and Self-Awareness Skills – Primary and Secondary Impacts of Behavior

Pain to Purpose – Diversity and Inclusion

LGBTQ – LGBTQ Bias-Based Bullying

Being a Champion – Knowing Your Worth and Everyone Else's

Building Healthy Relationships and Social Awareness

Diversity – Embracing Diversity

Relationships – Developing, Managing and Sustaining Your Relationships

Understanding Cultures & Diversity – The Value in Diversity

Relationships – Opening Doors of Opportunity

Peer Conflict – Addressing Unfriendly Classmates or Friendships

Purposeful Decision-Making

Social and Self-Awareness Skills – Sex Safety, Education and Boundaries (Erin's Law)

Compassion & Empathy – Living with Compassion

Understanding Social Differences – Ethics and Values

Giving Simple Respects – Respect for Elders, Leaders, and Peers

Who I Am and What I’ve Done – Dictating My Future

The Value in Myself and Others

Making Powerful Decisions – Digital Citizenship and Safety (Erin's Law)

Drug Abuse & Rehabilitation – My Family or Friends Use

Truancy – Meaningful Attachments

Impact Your Community – Prepare Yourself to Lead

Suicide Prevention – Reducing the Stigma and Shame of Suicide

**9th Grade**

Positive and Negative Thinking

Frame Your World – Words Shape Thought

Thoughts & Acceptance – Changing Our Thought Patterns

Know Yourself, Love Yourself – Loved, Valuable, and Accepted (Erin's Law)

Inner Engineer – Competing Commitments

Knowing Yourself – Identify Your Strengths

Mentorship and Inspiration

Mentorship – The Importance of Mentorship

Finding a Mentor – Finding Those Who Inspire

Are You Unique? – How to Get Unstuck

Are You Unique? – When Good Isn’t Enough

Social Skills – Perspective Is Everything

Social Awareness and Understanding

Your Story – The Importance of Authenticity

Fighting for Justice – Defining Social Justice

Social and Self-Awareness Skills – Cultural Implications within Family and Learned Behavior

Diversity – Why We Need Diversity

Belonging – Get the Support You Need

Leadership and Communication Techniques

Helplessness to Hopefulness – Reaching Out to Others

Behaviors & Traits That Lead to Success – Have Integrity

Healthy Communication – Seeking to Understand

Peer Conflict – Don’t Fight Fire with Fire

Healthy Relationships – Communication Matters

Living by Your Ethics and Values

Life Skills – Staying Safe & Healthy (Erin's Law)

Mental and Emotional Regulation – Feel What You Need to Feel, Then Move Forward

Mission – Be Guided by Your Values

Engineering Consciousness – Mindfulness

Disciplines That Lead to Success – Self-Assessment & Awareness

Making a Difference from Where You Are

Choosing Purpose – Living Self-Disciplined & Self-Motivated

Healthy Relationships – The Dream Team

Make a Difference – What Does It Take to Make a Difference?

Truancy – Assigning Purpose to Learning

Be the Change – Is Doing Good Better Than Being Great?

**10th Grade**

Social and Emotional Health

Reducing the Stigma of Mental Health – It’s Ok to Talk about It

Thoughts & Acceptance – Motivated by Positive Feelings

Engineering Consciousness – Becoming Aware

Focus & Success – The Importance of Planning

Finding Success at Work – Changing the Way We Think about Productivity

Defining My Identity

Know Yourself, Love Yourself – Self-Esteem in Tough Situations (Erin's Law)

Resources – Mentors (Erin's Law)

Helplessness to Hopefulness – Changing Our Negative Thinking

Mental and Emotional Regulation – Who I Am and What I Value

Anti-Racism – Understanding Systemic Racism

The Power of Connection

Erin's Law: Resources – Quality Peers

Equity – Stereotyping and Prejudice

Social/Emotional Health – The Daily Forgiveness, Thankfulness & Confidence Exercise (Erin's Law)

There’s No Shame in Asking for Help – Embracing Vulnerability

Purposeful Communication Techniques – Asking for Help or Support

Be the Change

Impact Your Community – Practice What You’ve Learned

Choosing Purpose – Organizational Skills

Life Skills – The Art of Conversation

Safety – Positive Speaking & Reflective Writing (Erin's Law)

People & Problems – Types of People

Reflecting on the Past and Writing Your Future

Who’s in Control? – Personal Accountability

Safety – Finding Safe Leaders (Erin's Law)

Equity – Becoming Considerate

Your Story – Look into the Past & Write Your Future

Finding Success at Work – Why Problem-Solving Is Important at Work

Reaching Your Full Potential

Don't Stay Silent – Surround Yourself with Giants (Erin's Law)

Understanding Social Differences – Social & Cultural Intelligence

A Reinvented Leader – Maximize Your Strengths

Make a Difference – The Simple Gift of Life

Giving Is Getting – An Uncharted Principle

**11th Grade**

Overcoming Adversity

Coping Strategies – Trauma and Behavior (Erin's Law)

Mindfulness and Accountability – What Happened from My Perspective?

Make a Difference – Being a Positive Influence on Others

LGBTQ – Students Coming Out

Social/Emotional Health – Accepting Your Circumstances

Frame Your World

Past & Future – Personal Reflection + Future Projection = Personal Development

Prepare for College & Career – What Are Your Gifts?

Your Story – Experiences & Stories Enable You to Connect with Others

Diversity – Celebrating Differences

Impact Your Community – Love It, Learn It, Live It & Lead It

Personal Accountability and Responsibility

Prepare for College & Career – How to Discover What You Want to Do

Job Preparation – Resumes & Online Profiles

Prepare for College & Career – Time Management and Priorities

Social Skills – Respect Creates Connection

Mindfulness and Accountability – Respecting the Rights and Interests of Others

Living with Compassion and Empathy

Social Skills – Dynamic Empathy

Healthy Relationships – Embracing Society

Hate Speech & Graffiti – The Impact of Negative and Hateful Words

Disciplines That Lead to Success – Cultural Sensitivity

Skills You Need – Nonverbal & Verbal Communication

Fulfilling Your Purpose

Behaviors & Traits That Lead to Success – Have Persistence & Dedication

Life Skills – The Art of Negotiation

Successful Decision-Making – Evaluating & Reflecting

People & Problems – Your Purpose Dictates Everything

Don’t Stay Silent – Against the Grain

Taking Responsibility and Preparing for the Future

Make Yourself Marketable Now – Making the Choice & Accepting Responsibility

Traits of a Successful Student & Employee – Problem-Solving & Decision-Making

Successful Decision-Making – Choosing Humanity

Make a Difference – Investing in Your Community

Reasonable Response – Helping Those in Need

**12th Grade**

Self-Awareness and Emotional Regulation

Healthy Communication – Thinking & Speaking

Vulnerability – Loyalty & Trust Lead to Vulnerability

Understanding Cultures & Diversity – Acknowledging Cultures and Diversity

Overcome Identity Issues – Redefine Your Identity Foundation

Where Are You Headed? – Embracing Your Design

Developing Your Personal Strengths

My Environment – A Product of Your Environment or Your Mindset

Be the Change – Is There More to Life?

Join the Workforce – Identify Your Character Traits & Find Related Career Interests

Join the Workforce – Develop a College & Career Vision Statement

Make Yourself Marketable Now – How to Stay Curious and Motivated

Understanding Social Differences

Understanding Social Differences – Perspective Taking

There’s No Shame in Asking for Help – Change the Conversation

Healthy Relationships – Meaningful Relationships

Hate Speech & Graffiti – Be What You Want to Receive

Understanding Cultures & Diversity – What Is Cultural Appropriation?

Belonging

Be Yourself – Being Yourself & Letting Others Be Themselves

Talking to Our Parents – It’s Never Too Late to Start

Anti-Racism – Working with Others

Needs & Limits – Don’t Fault People’s Limitations

Dating and Relationships – Communication & Compatibility

Practicing Mindfulness

Peer Conflict – Communicating Effectively

Self-Esteem – Ethical Issues

Value – Stop Expecting, Start Appreciating

Diversity – Cultural Norms

Make Yourself Marketable Now – Life Experiences

Making Your Mark

Personal Finance – Budgeting, Saving & Investing

Social Media – How to Protect Yourself on Social Media (Erin's Law)

Being a Champion – Creating Real Change

Purposeful Communication Techniques – Collaboration

Citizenship – Being a Part of Your Community