**Campus Middle School for Girls**

**Health and Soft Skills Curriculum Map**

**2020-21**

|  |  |  |  |
| --- | --- | --- | --- |
| **Subject Area** | **6th Grade****“Skills” class** | **7th Grade****“TLC” class** | **8th Grade****“Seminar”** |
| Organizational Skills |  |  |  |
| *Study Strategies* | X | X |  |
| *Organizational Tools* | X | X |  |
| *Time Management* | X | X | X |
| *Prioritization* | X | X | X |
|  |  |  |  |
| Growth Mindset/Philosophy | X | X | X |
|  |  |  |  |
| Communication Skills |  |  |  |
| *Listening* | X | X | X |
| *Conflict Resolution* | X | X | X |
| *Talking with teachers re: grade/concern* | X | X |  |
| *Handling feedback* | X | X | X |
| *Self-advocacy* | X | X |  |
| *Empathy* | X | X | X |
| *Social media* |  | X |  |
| *Verbal self defense* |  | X |  |
| *Public speaking* |  |  | X |
|  |  |  |  |
| Leadership | X | X | X |
|  |  |  |  |
| Career Exploration |  | X |  |
|  |  |  |  |
| **Subject Area** | **6th Grade****“Skills” class** | **7th Grade****“TLC” class** | **8th Grade****“Seminar”** |
| Mental Health  |  |  |  |
| *Information re: disabilities/challenges (i.e. ADHD, autism, dyslexia)* | X | X |  |
| *Self confidence* | X | X | X |
| *Identity and differences* | X | X |  |
| *Body image/beauty* | X | X | X |
| *Mindfulness* | X | X |  |
| *Depression and anxiety* | X | X |  |
| *Stress management* | X | X | X |
| *Social and emotional wellness* | X | X | X |
| *Substance abuse and addiction* |  | X |  |
|  |  |  |  |
| Physical Health |  |  |  |
| *Nutrition* | X | X |  |
| *Hygiene* | X |  |  |
| *Anatomy and puberty* | X |  | X |
| *Reproduction and contraception* |  |  | X |
| *Sexually transmitted diseases* |  |  | X |
| *Physical self defense* |  | X |  |
| *Eating disorders* |  |  | X |
|  |  |  |  |
| Relationships |  |  |  |
| *Friendships and dating* |  | X | X |
| *Relational aggression* |  | X | X |
| *Sexual harassment* |  | X | X |
| *Social media* |  | X |  |
|  |  |  |  |