

Monroe County School District
PURPOSE PREP - Grade 6 Learning Sequence and Discussion Questions

Link to Presenter Slides: <https://docs.google.com/presentation/d/1ZvWB-vKc1vA-EQRfRPmw6HYFQSX0h-nAnUpTWRXbi14/edit?usp=sharing>

iBElieve Standard:	Week Taught:	UNIT (bolded) and Topic:	Discussion Questions:	PBIS Look Fors:
BE Safe BE Responsible BE Respectful BE Ready to Learn BE Empowered	Aug. 15	During the first full week of school collaborate with your students to develop classroom norms and expectations. Take time to get to know each of your students through whole class ice-breaker activities. Remember: Connect before Content		Students who are making positive choices, making connections and building relationships
BE Safe BE Responsible BE Empowered	Aug. 22	SIGNS AND SYMPTOMS OF MENTAL HEALTH DISORDERS/DIGITAL CITIZENSHIP How to Protect Yourself on Social Media, Cyberbullying	1. What are the biggest dangers and risks of using social media? What are some ways to protect yourself on social media? Is catfishing a real thing? 2. Why do you think people don't want to talk about the bullying they experience? What makes people stay silent when they witness someone else getting bullied?	Students following cell phone policy and using chrome books as directed
BE Safe BE Responsible BE Empowered	Aug. 29	How Not to Become Anti-Social with Social Media, Mastering your Emotions	1. What limits or boundaries do you have or could you set up for yourself to protect you from becoming anti-social and social media obsessed? 2. What can you do to overcome negative emotions?	Students who show ability to work through frustration/anger, or who are open to trying a strategy to manage their emotions
BE Empowered	Sept. 5	FRAME YOUR WORLD Derailed from Purpose, Thoughts Shape Beliefs	1. When life happens and things don't go as planned, are you flexible? Do you adapt quickly or do you let things take you down and stop you? 2. How can you change the way you think about negative situations? How can you change the way you think about yourself?	Students who adapt well to changes in routine, students who show flexibility, students who take a negative situation or challenging work and see the positive side

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BE Empowered	Sept. 12	Belief Shape Actions, Visualize	1. Have you ever been stuck in a rut? Were you able to work yourself out of it or are you still there? How can you begin to change your thinking in this area? Is there anyone that can help you work through it? 2. Which comes first: the frame or the picture? What does this metaphor mean?	Students who work through, or attempt to work through, problems, either socially, emotionally, or academically.
Start with Hello week	Sept. 19	Start with Hello week - SWH Presentation will occur during this week's HLI block		
Universal Screening week	Sept. 26	Universal Screening for all students - Students should complete the universal screener during this week's HLI block		
BE Safe BE Responsible BE Respectful BE Empowered	Oct. 3	EFFECTS OF BULLYING Bullying: Dehumanizing the Victim, Effects on the Bullied	1. How does looking at the world through other people's eyes affect how you perceive others? 2. How does being with others and connecting with people keep us emotionally safer than disengaging?	Students who show empathy and try to make connections with others. Students who "Say Hello" to others they see alone.
BE Safe BE Responsible BE Respectful BE Empowered	Oct. 10	Bullying: Effects on the Bully, Effects on the Bystanders	1. How does bullying steal from others? How can you be a more powerful version of yourself by being a giver and not a taker? 2. What impact does bullying have on people watching it happen? Have you ever been afraid to interfere with bullying because you were afraid you would become a target also?	Students who stick up for other students or who communicate care and respect for others

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BE Responsible BE Respectful BE Empowered	Oct. 17	AWARENESS OF RESOURCES Bullying: Effects on Culture, Teachers	1. What impact does bullying have on our culture? 2. What is something you have learned from a teacher that wasn't related to the class or subject they taught? Can you think of something you have taught a teacher?	Students who offer to help others or in some way has a positive impact on classroom climate
BE Empowered	Oct. 24	School Groups, Quality Peers	1. Think about the groups you're involved with. What's one thing you've learned from the leader of the group and one thing you've learned from a peer in the group? 2. What can you do to make sure you're surrounding yourself with people who will uplift you?	Students who show leadership skills
BE Safe BE Responsible	Oct. 31	SUBSTANCE ABUSE PREVENTION Mentors, Drugs and the Body and Mind	1. Who is a mentor in your life? How did you choose this person? What makes a good mentor and a bad mentor? 2. How does using drugs and alcohol affect your mind and body?	Students who help and inspire others and students who verbalize healthy life choices
BE Empowered	Nov. 7	Limits and Abilities, Manage Stress	1. How does identifying your limits and abilities help you make decisions? 2. What are activities that recharge and de-stress you?	Students who show positive decision making skills when faced with difficult situations, students who demonstrate or attempt to try stress management strategies
BE Empowered	Nov. 14	Is There a Higher Purpose?, Why Are You Here?	1. What is a higher purpose? What does that mean? 2. What would you like your mission in life to be?	Students who express future goals, no matter how realistic

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BE Safe BE Empowered	Nov. 28	SUICIDE PREVENTION Finding Safety, A Safety Net for Others	1. How do other people make you feel safe? How does that feeling allow you to belong and thrive in that relationship? 2. How do you know you are in a safe place with your friends? What needs to happen in order for you to feel confident sharing your fears, hopes and dreams with them?	Students who make others smile, students who show emotional support to others
BE Safe BE Responsible BE Empowered	Dec. 5	Positive Speaking & Reflective Writing, Build Around Your Uniqueness, Finding Safe Leaders	1. How can you be less critical and more positive toward others? How can you have a positive impact on just one person today? 2. How can you pull out the creative, different, unique characteristics in others? 3. How can you be more open to constructive criticism? How can you learn from it and whom can you learn from?	Students who encourage others to do and be their best, students who accept constructive criticism with an open mind
BE Respectful BE Empowered	Dec. 12	VALUE Appreciate the Value in Others, Stop Expecting-Start Appreciating	1. Some people believe that not thinking about yourself allows you to think about others more. What do you think about this idea? Do you agree or disagree with it? Why? 2. Which is more meaningful and motivating in your life: money or appreciation? Why?	Students who show respect for others, compliment others, and/or shows appreciation/gratitude

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BE Empowered	Jan. 2	IMPACT & CONTRIBUTE IN YOUR COMMUNITY Healthy Self-Esteem, Love It, Learn It, Live It, and Lead It	1. What is self-esteem? Do you have low or high self-esteem? 2.What is the difference between a culture that you create and a culture that you are born into? What does it mean to "build your culture"?	Students who show signs of having a healthy self-esteem rather than ego, pride in self while remaining humble
BE Respectful BE Empowered	Jan. 9	The Importance of Community, Why Compassion Matters	1. What is the difference between culture and community? Which one is it more important to build? 2.Where can you show compassion? Where can you help someone and how?	Students who show compassion to others
BE Responsible	Jan. 16	Getting Involved, Investing in Your Community	1. Why is it important to be involved in your community? 2. How is investing in your neighbor also investing in your future?	Students who are helpful to their teacher or classmates without being prompted
BE Empowered	Jan. 23	Don't Stop Dreaming, Defining Success	1. Questions are a great way to discover dreams. What are some other ways you can find dreams within yourself? 2.What does success look like or mean to you?	Students who ask questions and show active participation in class discussions
BE Empowered	Jan. 30	BUILDING COMPASSION & EMPATHY FOR OTHERS Why Are you Here, The Secret of Purpose	1.What would you like your mission in life to be? 2. Do you agree that it doesn't matter "what you do," it matters "who you are in that process"? How is this true (or not true) in your life?	Students who express future goals, whether short or long term

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Universal Screening week	Feb. 6	Universal Screening for all students - Students should complete the universal screener during this week's HLI block		
BE Safe BE Responsible BE Empowered	Feb. 13	People Matter, Find Peace Through Stillness	1. How can you discover your passion and stay motivated when your family doesn't support or believe in you? 2. When is a good time for you to create alone time each day? Where could you go, and how would you do it?	Students who complete assignments and remain attentive in class, students who ask for help with their work
BE Ready to Learn BE Empowered	Feb. 20	SELF-MOTIVATE AND CREATE AMBITION AND CURIOSITY Activities That Energize You, Develop a Passion	1. What can you do and say to start each day with enthusiasm? 2. What is one thing you're currently interested in but don't know much about? Make a goal to spend twenty minutes a day for the next week exploring this subject. What can you cut out of your normal routine to give you the extra twenty minutes you need to research?	Students who show interest and enthusiasm in the topic taught or assignment given, students who use time wisely

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BE Respectful BE Ready to Learn BE Empowered	Feb. 27	Ask More Questions, Get Out of Your Comfort Zone	1. It's not enough to attend high school or college only to get a diploma. What does this mean to you? How are you making sure you get more than an education at school? 2. Share an example from your life about how a passion of yours continued to grow and grow. How did you first get into it, and what were some of the highlights that continued to pull you in?	Students who step out of their comfort zone, whether via asking questions, doing a presentation, or some other way that is outside of their typical character
BE Responsible BE Empowered	Mar. 6	DRESS AND GROOM FOR SUCCESS Personal Hygiene, Dress for Success	1. How do you take care of yourself? How do you incorporate personal hygiene into your routine and lifestyle? 2. How can you develop more confidence in how you dress and look? How can you maintain a positive self-image so that you can take advantage of any opportunity that comes your way?	Students who show confidence and take care of their appearance, students who have shown personal growth over the this past year
Say Something Week	Mar. 13	Say Something Week - Say Something presentations will occur during this week's HLI block		
BE Empowered	Mar. 27	Daily Affirmation Statement, How Energy Affects Humans	1. How can you remain content with where you are in life even though you know it's not perfect? How can you embrace every season of your life? 2. How do you decide what you want to give your energy to?	Students who remain positive despite hitting challenges, students who make the choice to ignore negativity

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BE Responsible	Apr. 3	ACCEPTING AND TAKING RESPONSIBILITY Making the Choice and Accepting Responsibility, Circumstance and Situations	1.Has there been a time when you took responsibility for a mistake? How did it feel? Were you humble or reluctant to accept responsibility? How did the other people involved respond? 2. Are you responsible for everyone? Who are you responsible for?	Students who take responsibility for their actions, who admit mistakes and are honest about them
BE Safe BE Ready to Learn BE Empowered	Apr. 10	Acknowledge and Embrace All of You, Changing our Thought Patterns	1. How do you embrace and acknowledge all of you? 2.What are some thought patterns you've noticed in your life? What kinds of situations trigger those thought patterns?	Students who show that they see both the positive parts of themselves, but also the parts that need growth
BE Responsible BE Empowered	Apr. 17	Motivated By Positive Feelings, How Choices Affect our Thinking	1.Do you celebrate when you get a "win"? Why is acknowledging your improvement or successes important? 2. How are your choices a reflection of your thinking? How can you change the way you think to affect your choices?	Student who have shown growth in any way this year, take time to acknowledge and reward that growth, no matter how big or small

Testing/Assessment season:

lessons to emphasize positive self-talk, strategies for coping with stress, and action planning to stay focused on doing one's best at all times. Complete. Continue to reinforce concepts and skills learned. and review key concepts and skills that need re-teaching.

- Review

- Lessons are complete.
- Use this time to go back

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BE Safe BE Responsible BE Empowered	Aug. 22	DIGITAL CITIZENSHIP How to Protect Yourself on Social Media, Cyberbullying	1. What are the biggest dangers and risks of using social media? What are some ways to protect yourself on social media? Is catfishing a real thing? 2. Why do you think people don't want to talk about the bullying they experience? What makes people stay silent when they witness someone else getting bullied?	Students following cell phone policy and using chrome books as directed
BE Safe BE Responsible BE Empowered	Aug. 29	How Not to Become Anti-Social with Social Media, Mastering your Emotions	1. What limits or boundaries do you have or could you set up for yourself to protect you from becoming anti-social and social media obsessed? 2. What can you do to overcome negative emotions?	Students who show ability to work through frustration/anger, or who are open to trying a strategy to manage their emotions
BE Respectful BE Empowered	Sept. 5	COMPASSION AND STILLNESS Why Compassion Matters, The Secret of Purpose	1. What is compassion, and why is it important to leading a healthy, successful and meaningful life? 2. Do you agree that it doesn't matter "what you do," it matters "who you are in that process"? How is this true (or not true) in your life?	Students who show compassion to others

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BE Respectful BE Responsible	Sept. 12	People Matter, The Importance of Community	1. What is your definition of compassion? Is it the same as sympathy, or is it different? 2. How can creating a healthy culture impact your community?	Students who demonstrate responsibility and care toward their school community
Start with Hello week	Sept. 19	Start with Hello week - SWH Presentation will occur during this week's HLI block		
Universal Screening week	Sept. 26	Universal Screening for all students - Students should complete the universal screener during this week's HLI block		
BE Safe BE Responsible BE Respectful BE Empowered	Oct. 3	OVERCOMING BULLYING: REAL STORIES Loyalty & Trust Lead to Vulnerability, Tricks and Tips to Overcome	1. How can others prove their trust and loyalty to you? How do you know when it is appropriate to share vulnerable things with them? 2. What does it mean to be resilient?	Students who show empathy and try to make connections with others. Students who "Say Hello" to others they see alone.
BE Safe BE Responsible BE Respectful BE Empowered	Oct. 10	Standing Up the Right Way, Forgiveness	1. In what ways can you diffuse a bullying situation with your words? 2. How does forgiving someone who has bullied you enable you to move on?	Students who are able to peacefully problem solve situations with their peers
BE Responsible BE Empowered	Oct. 17	Techniques to Overcome Bullying, Finding Your Tribe	1. Who are some mentors or people you see as potential mentors who you can connect with to further develop yourself? 2. What characteristics are you looking for in a group of people that you can relate to and find strength in?	Students who help and inspire others and students who verbalize healthy life choices

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BE Safe BE Responsible	Oct. 24	SUBSTANCE ABUSE PREVENTION Marijuana, Nicotine, Tobacco and Cigarettes, Identifying My Needs	1. How can you begin to redirect your life away from addiction? 2. Are you aware of what makes you feel loved and connected with others? Give some examples.	Students who make an effort to connect with others in positive ways, students who encourage others to make good decisions
BE Responsible BE Empowered	Oct. 31	We All Have Needs, Overcoming Peer Pressure	1. Are you secure or do you bring others down to lift yourself up? Does bringing others down really make you feel better? How can you begin to lift others up to help lift yourself up? 2. How can you overcome peer pressure?	Students who show leadership skills, students who compliment and bring out the best in others
BE Safe BE Empowered	Nov. 7	KEEPING YOURSELF SAFE The Power of Connection, Digital Citizenship & Safety	1. How do you prioritize your relationships? How do you choose who to give your time to and who you open up to? 2. What does it mean to be a good digital citizen?	Students who follow the cell phone policy and use their chromebook as directed
BE Safe BE Responsible BE Empowered	Nov. 14	Sexual Abuse, See the Value in Yourself	1. What signs can you look for to indicate a sexual abuser? 2. What types of people are you surrounding yourself with: ones who are exactly like you or ones that allow you to think and be different? Why?	Encourage students to identify one positive trait about themselves, praise them for doing so and offer a positive trait that you see in them

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BE Safe BE Empowered	Nov. 28	MENTAL HEALTH AWARENESS The Feeling of Hopelessness, How Choices Affect Our Thinking	1. How does choosing to focus on things outside of yourself help give perspective when you feel hopeless? 2. What can you do to stop and make a conscious choice rather than reacting to a situation?	Students who stop and think before acting
BE Responsible BE Respectful BE Empowered	Dec. 5	SUICIDE PREVENTION Words Shape Thought, Inspiration From a Mentor	1. Are your words positive and filled with hope, or are they negative and defeating? How has this affected your behavior? 2. What is one thing you can begin to do that will inspire those around you? Are you willing to be someone else's mentor?	Model empowering word use with your students and encourage them to use those words with peers, reward those who do so
BE Respectful BE Ready to Learn BE Empowered	Dec. 12	The Importance of Mentorship, How to Get Unstuck	1. What are some ways you can learn from others who may not be in your school, or friend circle, or that you might not know personally? 2. Often to get a different outcome or result we need to do something differently. What can you do differently in your day to day to get "unstuck" with a problem you are facing?	Students who ask others for help or advice and then show gratitude for the support
BE Empowered	Jan. 2	Dealing With Divorce and Separation, Confusion, Pain, and Identity	1. How is it possible to stay positive when your family is going through something like divorce, separation or parental problems? 2. How has your identity been shaped through good and bad experiences in life?	Students who show the ability to turn a negative situation into a positive one, no matter how big or small

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BE Responsible BE Empowered	Jan. 9	RESILIENCY Defining Resiliency, Elasticity	1. In what ways can you bounce back from setbacks? 2. How can you respond to stress instead of reacting to it?	Students who show resiliency personally, socially or academically
BE Empowered	Jan. 16	The End Isn't the End, Coping Skills	1. How can you see a future for yourself when you encounter difficulties? 2. How do you envision tackling problems? Do you like to write things down, use a white board, talk to a friend, etc.?	Students who demonstrate goal setting or future planning of any kind
BE Responsible BE Empowered	Jan. 23	GETTING TO KNOW YOUR IDENTITY AND SELF Creating Your Team, Defining Identity	1. Based on your strengths and weaknesses, what kind of team would you build that enhances each other?	Students that participate well in a group, who work well with a team
BE Ready to Learn BE Empowered	Jan. 30	Different Identity Issues, Redefine Your Identity Foundation	1. Where does your identity come from? 2. What is the foundation of your identity?	Students who have a strong sense of self, recognize that and tell students what you like about them that makes them unique
Universal Screening week	Feb. 6	Universal Screening for all students - Students should complete the universal screener during this week's HLI block		
BE Empowered	Feb. 13	You Are Not What You Do, Acknowledge and Embrace All of You	1. Is your identity a destination or a journey? 2. What can others learn from your experiences and your life?	Students who help others, students who are able to express what they have learned this week
BE Ready to Learn BE Empowered	Feb. 20	AWARENESS OF RESOURCES Meditation, Social Awareness	Take a few minutes and have students quietly think to themselves 4 things they see, 3 things that hear, 2 things they feel and one thing they smell.	Students who are able to do this activity quietly and respectfully

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BE Ready to Learn BE Empowered	Feb. 27	Daily Affirmation Statement, Find Peace Through Stillness	Have students write "I am" statements such as "I am creative, I am good at math," "I am positive."	While students are writing their own "I am" statements, consider writing one about each student that starts with "You are" and share with them on their way out to their next class.
BE Responsible BE Respectful BE Empowered	Mar. 6	BUILDING HEALTHY FRIENDSHIPS & RELATIONSHIPS WITH HEALTHY COMMUNICATION Finding Solutions in Stillness, Relationship Skills	2. What are relationship skills? Why are they important?	Students who show healthy communication skills with peers and adults
Say Something Week	Mar. 13	Say Something Week - Say Something presentations will occur during this week's HLI block		
BE Responsible BE Respectful BE Empowered	BE Mar. 27	Communication Matters, Embracing Society	1. Other than verbally, what are some ways you can communicate? 2. Why does being friendly matter? What are some examples of how to engage people around you that aren't your friends?	Students who engage with peers they typically do not engage with. Offer these opportunities and praise students when they take advantage.
BE Responsible BE Respectful BE Empowered	BE Apr. 3	Meaningful Relationships, The Dream Team	1. How can you be more present and intentional in your relationships? 2. What are some ways you can be a good team player?	Students who are attentive and actively listening in class
BE Respectful BE Ready to Learn BE Empowered	Apr. 10	DIVERSITY AND INCLUSION Why We Need Diversity, Embracing Diversity	1. How does diversity increase value in your environment? 2. Why is listening important in embracing diversity?	Students who embrace diversity and accept peers for who they are without judgment

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BE Responsible BE Respectful BE Empowered	BE Apr. 17	CITIZENSHIP Defining Citizenship, Being a Part of Your Community	Ask students what community means to them? What communities do they belong to? What does being a good citizen mean for students their age?	Students who have made a difference in your class, who help make the climate of the class positive

Testing/Assessment season:

lessons to emphasize positive self-talk, strategies for coping with stress, and action planning to stay focused on doing one's best at all times. Complete. Continue to reinforce concepts and skills learned. and review key concepts and skills that need re-teaching.

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BE Safe BE Responsible BE Empowered	Aug. 22	DIGITAL CITIZENSHIP How to Protect Yourself on Social Media, Cyberbullying	1. What are the biggest dangers and risks of using social media? What are some ways to protect yourself on social media? Is catfishing a real thing? 2. Why do you think people don't want to talk about the bullying they experience? What makes people stay silent when they witness someone else getting bullied?	Students following cell phone policy and using chrome books as directed
BE Safe BE Responsible BE Empowered	Aug. 29	How Not to Become Anti-Social with Social Media, Mastering your Emotions	1. What limits or boundaries do you have or could you set up for yourself to protect you from becoming anti-social and social media obsessed? 2. What can you do to overcome negative emotions?	Students who show ability to work through frustration/anger, or who are open to trying a strategy to manage their emotions
BE Responsible BE Respectful	Sept. 5	REDUCING THE STIGMA OF MENTAL HEALTH Emotional Differences, Helping Those in Need	1. What are emotions and how can you make sure that your emotions are under control? 2. Have you ever helped someone? How did that make you feel?	Students who are able to verbally label their emotions, or who express a need for support before their emotions take over
BE Respectful BE Empowered	Sept. 12	Inclusion, Mantra and Verbal Reinforcements	1. How can you try to understand people that are different from you or whom you don't agree with? 2. What is a mantra? Do you have one?	Students who embrace diversity and accept peers for who they are without judgment

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Universal Screening week	Sept. 26	Universal Screening for all students - Students should complete the universal screener during this week's HLI block		
BE Respectful	Oct. 3	IT'S NOT YOUR FAULT Dynamic Empathy, Divorce & Separation	1. What does empathy mean to you? 2. How can you let divorce make you better instead of bitter? What decisions might you make differently in your life, having experienced or watched someone experience divorce?	Students who demonstrate empathy, students who support others
BE Safe BE Responsible BE Empowered	Oct. 10	Physical Abuse, Emotional Abuse	1. How would you explain to a peer or a family member why abuse of any form or level is never acceptable? Do you think anyone would disagree with you? Why or why not? 2. How can you make sure that you don't ever make anyone feel emotionally abused by you?	Students who show compassion and understanding toward others
BE Safe BE Responsible BE Empowered	Oct. 17	Physical and Emotional Neglect, Sexual Abuse	1. What are ways that you can get help if you or a friend are experiencing emotional or physical neglect? 2. Who can you go to for help for you or anyone you know who may have been sexually harassed or abuse?	Students who make responsible decisions, students who encourage peers

Monroe County School District
PURPOSE PREP - Grade 8 Learning Sequence and Discussion Questions

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iBElieve Standard:	Week Taught:	UNIT (bolded) and Topic:	Discussion Questions:	PBIS Look Fors:
BE Safe BE Responsible BE Respectful	Oct. 24	ANGER MANAGEMENT Defining Anger Management, Angry Outcomes	1. In what ways can you take a step back and see the bigger picture when you're feeling angry? What would managing your anger look like in your life? 2. How do you think being calm instead of angry can change a situation? Do you think the outcome is different if you manage your anger differently? How?	Students who handle upsets and/or setbacks with ease, students who start to get upset but are able to find a way to control it before it gets too big
BE Responsible BE Empowered	Oct. 31	Types of Anger	1. What are some healthy ways that you can express your feelings of anger?	Students who handle negative emotions well, students who demonstrate positive coping strategies
BE Responsible BE Respectful	Nov. 7	Handling Anger, Overcoming Anger	1. What are some strategies you can think of to work through your anger in a way that is meaningful to you? 2. How is anger a barrier to success in your education?	Students who handle negative emotions well, students who demonstrate positive coping strategies
BE Responsible BE Ready to learn BE Empowered	Nov. 14	THOUGHTS AND ACCEPTANCE Changing Our Thought Patterns, Overcoming Sad Feelings	1. How can you shift your thought patterns from negative to neutral? How might you use neutral thought patterns to have perspective on situations in your life? 2. 3. Do you think it is important to examine your feelings? Why would it be helpful to allow yourself to feel sad?	Students who are able to see the positive in a negative situation, students who can work through emotions and find a solution to a problem (even if they need help to do so)

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iBElieve Standard:	Week Taught:	UNIT (bolded) and Topic:	Discussion Questions:	PBIS Look Fors:
BE Empowered	Nov. 28	BELONGING Motivated By Positive Feelings, Getting the Support You Need	1. Do you celebrate when you get a "win"? Why is acknowledging your improvement or successes important? 2. What does belonging look like to you? Has there been a period in your life when you felt like you didn't belong? What did you do?	Students who have made progress regardless of how big or how small, progress socially, emotionally, behaviorally, or academically
BE Responsible BE Respectful	Dec. 5	Find Your Tribe, Acceptance = Freedom	1. What does community mean to you? What does tribe mean to you? 2. Should acceptance be unconditional? Should you only accept someone based on their action or if they accept you in return? Why?	Students who show compassion, kindness, and/or gratitude toward others
BE Respectful BE Empowered	Dec. 12	The Power of Love, Find Where You Belong	1. How feasible is it to love our enemies? Is this something you try to live by? Why or why not? 2. Other than family, how can you form and find belonging with others?	Students who are able to ignore disruptions in class, students who make an effort to include everyone as opposed to just their "favorite" peers
BE Responsible BE Respectful BE Empowered	Jan. 2	SUBSTANCE ABUSE PREVENTION Stimulants and Depressants, Coping With Loss and Separation	1. What ways can people get help for dealing with anxiety and depression? 2. How can you be there for your friends and family that are going through loss and separation?	Students who can verbalize or show use of positive coping strategies, students who show compassion and support toward others

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iBElieve Standard:	Week Taught:	UNIT (bolded) and Topic:	Discussion Questions:	PBIS Look Fors:
BE Responsible BE Respectful BE Empowered	Jan. 9	Self Esteem in Tough Situations, Our Most Essential Need	1. Are there labels that others have given you because of things you've said or done? What things can you do to remember who you are and live above the labels? 2. Who do you think you're impacting? Who is relying on you for love and support?	Students who speak positively to others
BE Safe BE Responsible BE Empowered	Jan. 16	See Yourself, Self Harm and Staying Safe	1. Do you compare yourself to people you see on social media or people in your school? How does that make you feel? 2. Who can you go to and how can you find help if you need it?	Students who raise hands and ask for help when needed
BE Safe BE Respectful BE Responsible BE Empowered	Jan. 23	KEEPING YOURSELF SAFE Restoring Yourself and Others, Are Your Relationships Safe?	1. What is one thing you can do to bring restoration to a relationship in your life? 2. Why are having safe relationships important for you?	Students who are engaged in learning and make a positive impact on class climate
BE Ready to Learn BE Empowered	Jan. 30	BUILDING HEALTHY FREINDSHIPS & RELATIONSHIPS WITH HEALTHY COMMUNICATION Finding Solutions in Stillness, Relationship Skills	2. What are relationship skills? Why are they important?	Students who try to solve problems on their own, no matter how big or small, praise the effort and process even if a solution was not found
Universal Screening week	Feb. 6	Universal Screening for all students - Students should complete the universal screener during this week's HLI block		

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iBElieve Standard:	Week Taught:	UNIT (bolded) and Topic:	Discussion Questions:	PBIS Look Fors:
BE Respectful BE Ready to Learn	Feb. 13	Communication Matters, Embracing Society	1. Other than verbally, what are some ways you can communicate? 2. Why does being friendly matter? What are some examples of how to engage people around you that aren't your friends?	Students who actively participate in class discussions
BE Respectful BE Ready to Learn BE Empowered	Feb. 20	Meaningful Relationships, The Dream Team	1. How can you be more present and intentional in your relationships? 2. What are some ways you can be a good team player?	Students who show active listening skills, students who work well with others
BE Respectful BE Ready to Learn BE Empowered	Feb. 27	DIVERSITY AND INCLUSION Why We Need Diversity, Embracing Diversity	1. How does diversity increase value in your environment? 2. Why is listening important in embracing diversity?	Students who accept others for who they are without judgment
BE Responsible BE Empowered	Mar. 6	DRESS AND GROOM FOR SUCCESS Personal Hygiene, Dress for Success	1. How do you take care of yourself? How do you incorporate personal hygiene into your routine and lifestyle? 2. How can you develop more confidence in how you dress and look? How can you maintain a positive self-image so that you can take advantage of any opportunity that comes your way?	Students who show confidence and take care of their appearance, students who have shown personal growth over the this past year
Say Something Week	Mar. 13	Say Something Week - Say Something presentations will occur during this week's HLI block		

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iBElieve Standard:	Week Taught:	UNIT (bolded) and Topic:	Discussion Questions:	PBIS Look Fors:
BE Empowered	Mar. 27	Daily Affirmation Statement, How Energy Affects Humans	1. How can you remain content with where you are in life even though you know it's not perfect? How can you embrace every season of your life? 2. How do you decide what you want to give your energy to?	Consider writing/saying "You are" statements and sharing with students. For example, "You are a hard worker," "You are considerate of others."
BE Responsible	Apr. 3	ACCEPTING AND TAKING RESPONSIBILITY Making the Choice and Accepting Responsibility, Circumstance and Situations	1. Has there been a time when you took responsibility for a mistake? How did it feel? Were you humble or reluctant to accept responsibility? How did the other people involved respond? 2. Are you responsible for everyone? Who are you responsible for?	Students who take responsibility for their actions, who admit mistakes and are honest about them
BE Ready to Learn BE Empowered	Apr. 10	Acknowledge and Embrace All of You, Changing our Thought Patterns	1. How do you embrace and acknowledge all of you? 2. What are some thought patterns you've noticed in your life? What kinds of situations trigger those thought patterns?	Students who show that they see both the positive parts of themselves, but also the parts that need growth
BE Responsible BE Empowered	Apr. 17	Motivated By Positive Feelings, How Choices Affect our Thinking	1. Do you celebrate when you get a "win"? Why is acknowledging your improvement or successes important? 2. How are your choices a reflection of your thinking? How can you change the way you think to affect your choices?	Student who have shown growth in any way this year, take time to acknowledge and reward that growth, no matter how big or small

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iBElieve Standard:	Week Taught:	UNIT (bolded) and Topic:	Discussion Questions:	PBIS Look Fors:
<p>Testing/Assessment season:</p> <p>lessons to emphasize positive self-talk, strategies for coping with stress, and action planning to stay focused on doing one's best at all times. Complete. Continue to reinforce concepts and skills learned. and review key concepts and skills that need re-teaching.</p> <p style="text-align: right;">- Review - Lessons are complete. - Use this time to go back</p>				

Monroe County School District
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iBElieve Standard:	Week Taught:	UNIT (bolded) and Topic:	Discussion Questions:	PBIS Look Fors:
BE Safe BE Responsible BE Respectful BE Ready to Learn BE Empowered	Aug. 15	During the first full week of school collaborate with your students to develop classroom norms and expectations. Take time to get to know each of your students through whole class ice-breaker activities. Remember: Connect before Content		Students who are making positive choices, making connections and building relationships
BE Safe BE Responsible BE Empowered	Aug. 22	DIGITAL CITIZENSHIP How to Protect Yourself on Social Media, Cyberbullying	1. What are the biggest dangers and risks of using social media? What are some ways to protect yourself on social media? Is catfishing a real thing? 2. Why do you think people don't want to talk about the bullying they experience? What makes people stay silent when they witness someone else getting bullied?	Students following cell phone policy and using chrome books as directed
BE Safe BE Responsible BE Empowered	Aug. 29	How Not to Become Anti-Social with Social Media, Mastering your Emotions	1. What limits or boundaries do you have or could you set up for yourself to protect you from becoming anti-social and social media obsessed? 2. What can you do to overcome negative emotions?	Students who show ability to work through frustration/anger, or who are open to trying a strategy to manage their emotions
BE Responsible BE Respectful	Sept. 5	COMMUNICATION SKILLS Communicating with Your Teachers, Relating with Other Adults	1. What advantages are there to connecting with a teacher that are unique compared to your relationships with other adults in your life? 2. Why do you think building relationships with adults other than your parents and teachers is important?	Make an effort to build connections with your students, get to know things about them that are non-school related, praise students who make an effort to get to know YOU and their peers better

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iBElieve Standard:	Week Taught:	UNIT (bolded) and Topic:	Discussion Questions:	PBIS Look Fors:
BE Ready to Learn BE Empowered	Sept. 12	Your Internal Dialogue, Processing Adversity	1. How can you upgrade your internal dialogue to reflect who you are and who you want to be in a more positive way? 2. When you come across adversity, obstacles or conflict what happens to your attitude? What do the thoughts that go through your head sound like?	Students, who with encouragement, can reframe negative statements into positive ones
Start with Hello week	Sept. 19	Start with Hello week - SWH Presentation will occur during this week's HLI block		
Universal Screening week	Sept. 26	Universal Screening for all students - Students should complete the universal screener during this week's HLI block		
BE Empowered	Oct. 3	MENTAL HEALTH AWARENESS Mindfulness, Choosing Between Two Realities	1. What does "mind over matter" or "mind over body" mean? Do you believe this is true? 2. How can you protect your mind from thinking negatively?	Students who show effort in their work, students who keep trying even though the work is not easy
BE Safe BE Responsible BE Empowered	Oct. 10	Cultural Implications within Family and Learned Behavior, Primary and Secondary Impacts of Behavior	1. What is learned behavior and how can it hurt or help you? 2. Explain what primary and secondary behaviors are.	Students who are following the iBElieve behavior expectations
BE Safe BE Responsible BE Empowered	Oct. 17	UNDERSTANDING BULYING Bullying: Hurt People...Hurt People, Trauma and Insecurity	1. What does "hurt people...hurt people" mean? Have you ever hurt someone because you were hurt? 2. How does being bullied cause insecurity in a person's life? How does feeling insecure stunt your ability to grow?	Students who show empathy and try to make connections with others. Students who "Say Hello" to others they see alone.

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BE Responsible BE Respectful	Oct. 24	Bullying and Being Different, Bullying: A Tragedy on Both Sides	1. Do you think being proud of who you are and how you are different has an impact on others? In what ways? 2. How might someone who bullies also be a victim?	Students who stand up for others, students who show compassion and care for others
BE Responsible BE Empowered	Oct. 31	Solutions to Bullying	1. When you see bullying happen, what do you do? What do you observe other students doing?	Students who encourage others
BE Safe BE Ready to Learn BE Responsible	Nov. 7	SUBSTANCE ABUSE PREVENTION The Impact of Drugs on Your Relationships, Trauma and Behavior	1. What is trust? Why is it so important? How can the use of drugs and alcohol break trust? 2. The people around you have all gone through different situations that have shaped them. How does knowing this change the way you view and treat people?	Students who show or verbalize their ability to make healthy life choices
BE Safe BE Empowered	Nov. 14	DEALING WITH TRAUMA Identifying Trauma, Family Changes and Trauma, Emotional or Physical Trauma	1. What does trauma mean to you? 2. Have you ever rationalized your own pain and feelings as being normal or okay? 3. What are examples of emotional trauma?	Students who are able to label their emotions in themselves or others
BE Safe BE Empowered	Nov. 28	How to Handle Shame, Music & Mood	1. Have you ever felt shame? What does it feel like? 2. What does the statement "we are we what we eat" mean?	Students who complete homework and in class assignments, for those who have not have a private discussion about any roadblocks they may be encountering to get the work done

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iBElieve Standard:	Week Taught:	UNIT (bolded) and Topic:	Discussion Questions:	PBIS Look Fors:
BE Responsible BE Respectful	Dec. 5	CRISIS MANAGEMENT Gangs, Guns, and Fighting, Adrenaline and Aggression	1. What is a possible negative outcome of fighting someone? Have you ever considered asking for forgiveness or forgiving someone who has fought you? 2. Explain what “fight or flight” means.	Students who apologize for wrongdoings
BE Responsible BE Empowered	Dec. 12	Learned Helplessness, Mood and Behavior Management	1. Do you ever feel helpless or stuck? What can you do to start feeling hopeful again? 2. What is a positive way to release energy?	Students who are able to work through their problems independently or who rely on responsible peers/adults for support
BE Empowered	Jan. 2	RESILIENCY/ELASTICITY Overcoming Bad Memories, Breaking Through Hardships	1. How do you overcome bad memories? 2. How can you break through something hard you’re going through?	Students who are able to remain in class and refrain from disruption despite obviously having a tough day
BE Safe BE Responsible BE Empowered	Jan. 9	Avoiding Exploitation, Building Self Confidence, Personal Accountability	1. What is exploitation? 2. What does being confident mean to you? Are you self-confident? 3. Why is it easier to place blame on others instead of owning our mistakes?	Students who are able to demonstrate confidence while remaining humble
BE Ready to Learn BE Empowered	Jan. 16	CHARACTER AND LEADERSHIP DEVELOPMENT Moments = Memories = Meaning, The Power of Reflection	1. Do you agree with the following quote: “we don’t remember days, we remember moments”? Share an example of how this applies or doesn’t apply to you. 2. How often do you take time to reflect on your life and your favorite memories?	Students who are able to reflect back on their behavior and identify what they could have done/said differently in order to have a better outcome

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BE Ready to Learn BE Empowered	Jan. 23	Be Present, Look Into the Past & Write Your Future	1. What are three ways you are going to practice being present? 2. When you look at your past, how does it make you feel? What are some of the ways you can make your past part of your purpose?	Students who are actively engaged in the learning process
BE Empowered	Jan. 30	BUILDING COMPASSION AND EMPATHY FOR OTHERS Why Are you Here, The Secret of Purpose	1. What would you like your mission in life to be? 2. Do you agree that it doesn't matter "what you do," it matters "who you are in that process"? How is this true (or not true) in your life?	Students who express future goals, whether short or long term
Universal Screening week	Feb. 6	Universal Screening for all students - Students should complete the universal screener during this week's HLI block		
BE Safe BE Empowered	Feb. 13	People Matter, Find Peace Through Stillness	1. How can you discover your passion and stay motivated when your family doesn't support or believe in you? 2. When is a good time for you to create alone time each day? Where could you go, and how would you do it?	Students who complete assignments and remain attentive in class, students who ask for help with their work

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BE Empowered	Feb. 20	SELF-MOTIVATE AND CREATE AMBITION AND CURIOSITY Activities That Energize You, Get Out of Your Comfort Zone	1. What can you do and say to start each day with enthusiasm? 2. What is one thing you're currently interested in but don't know much about? Make a goal to spend twenty minutes a day for the next week exploring this subject. What can you cut out of your normal routine to give you the extra twenty minutes you need to research?	Students who show interest in learning, students who manage time wisely
BE Ready to Learn BE Empowered	Feb. 27	Ask More Questions, Develop a Passion	1. It's not enough to attend high school or college only to get a diploma. What does this mean to you? How are you making sure you get more than an education at school? 2. Share an example from your life about how a passion of yours continued to grow and grow. How did you first get into it, and what were some of the highlights that continued to pull you in?	Students who step out of their comfort zone, whether via asking questions, doing a presentation, or some other way that is outside of their typical character

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iBElieve Standard:	Week Taught:	UNIT (bolded) and Topic:	Discussion Questions:	PBIS Look Fors:
BE Responsible BE Empowered	Mar. 6	DRESS AND GROOM FOR SUCCESS Personal Hygiene, Dress for Success	1. How do you take care of yourself? How do you incorporate personal hygiene into your routine and lifestyle? 2. How can you develop more confidence in how you dress and look? How can you maintain a positive self-image so that you can take advantage of any opportunity that comes your way?	Students who show confidence and take care of their appearance, students who have shown personal growth over the this past year
Say Something Week	Mar. 13	Say Something Week - Say Something presentations will occur during this week's HLI block		
BE Empowered	Mar. 27	Daily Affirmation Statement, How Energy Affects Humans	1. How can you remain content with where you are in life even though you know it's not perfect? How can you embrace every season of your life? 2. How do you decide what you want to give your energy to?	Consider writing/saying "You are" statements and sharing with students. For example, "You are a hard worker," "You are considerate of others."
BE Responsible	Apr. 3	ACCEPTING AND TAKING RESPONSIBILITY Making the Choice and Accepting Responsibility, Circumstance and Situations	1. Has there been a time when you took responsibility for a mistake? How did it feel? Were you humble or reluctant to accept responsibility? How did the other people involved respond? 2. Are you responsible for everyone? Who are you responsible for?	Students who take responsibility for their actions, who admit mistakes and are honest about them

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iBElieve Standard:	Week Taught:	UNIT (bolded) and Topic:	Discussion Questions:	PBIS Look Fors:
BE Ready to Learn BE Empowered	Apr. 10	Acknowledge and Embrace All of You, Changing our Thought Patterns	1. How do you embrace and acknowledge all of you? 2. What are some thought patterns you've noticed in your life? What kinds of situations trigger those thought patterns?	Students who show that they see both the positive parts of themselves, but also the parts that need growth
BE Responsible BE Empowered	Apr. 17	Motivated By Positive Feelings, How Choices Affect our Thinking	1. Do you celebrate when you get a "win"? Why is acknowledging your improvement or successes important? 2. How are your choices a reflection of your thinking? How can you change the way you think to affect your choices?	Student who have shown growth in any way this year, take time to acknowledge and reward that growth, no matter how big or small

Testing/Assessment season:

lessons to emphasize positive self-talk, strategies for coping with stress, and action planning to stay focused on doing one's best at all times. Complete. Continue to reinforce concepts and skills learned. and review key concepts and skills that need re-teaching.

- Review
- Lessons are complete.
- Use this time to go back

Monroe County School District
PURPOSE PREP - Grade 10 Learning Sequence and Discussion Questions

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iBElieve Standard:	Week Taught:	UNIT (bolded) and Topic:	Discussion Questions:	PBIS Look Fors:
BE Safe BE Responsible BE Respectful BE Ready to Learn BE Empowered	Aug. 15	During the first full week of school collaborate with your students to develop classroom norms and expectations. Take time to get to know each of your students through whole class ice-breaker activities. Remember: Connect before Content		Students who are making positive choices, making connections and building relationships
BE Safe BE Responsible BE Empowered	Aug. 22	DIGITAL CITIZENSHIP How to Protect Yourself on Social Media, Cyberbullying	1. What are the biggest dangers and risks of using social media? What are some ways to protect yourself on social media? Is catfishing a real thing? 2. Why do you think people don't want to talk about the bullying they experience? What makes people stay silent when they witness someone else getting bullied?	Students following cell phone policy and using chrome books as directed
BE Safe BE Responsible BE Empowered	Aug. 29	How Not to Become Anti-Social with Social Media, Mastering your Emotions	1. What limits or boundaries do you have or could you set up for yourself to protect you from becoming anti-social and social media obsessed? 2. What can you do to overcome negative emotions?	Students who show ability to work through frustration/anger, or who are open to trying a strategy to manage their emotions

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PURPOSE PREP - Grade 10 Learning Sequence and Discussion Questions

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BE Ready to Learn BE Empowered	Sept. 5	OVERCOMING IDENTITY ISSUES Defining Identity, Different Identity Issues	1. What does your identity influence? 2. Where does your identity come from?	Students who are able to articulate their needs, students who participate in class discussions
BE Ready to Learn BE Empowered	Sept. 12	Redefine Your Identity Foundation, You Are Not What You Do	1. Where do you draw your strength and peace from when you need it most? 2. Is your identity a destination or a journey?	Students who are actively engaged in learning, students who can identify their strengths and weaknesses
Start with Hello week	Sept. 19	Start with Hello week - SWH Presentation will occur during this week's HLI block		
Universal Screening week	Sept. 26	Universal Screening for all students - Students should complete the universal screener during this week's HLI block		
BE Empowered	Oct. 3	Acknowledge and Embrace All of You	1. How do you embrace and acknowledge all of you?	Students who show effort in their work, students who try their best
BE Safe BE Responsible BE Empowered	Oct. 10	SOCIAL AND EMOTIONAL HEALTH Human Boundaries, Emotional Pain, Loss & Stress	1. What is one indicator that you have overexerted yourself? How can you recover if you see yourself developing unhealthy habits? 2. Who do you know that is compassionate?	Students who are able to ask for help, students who demonstrate positive coping skills, students who are compassionate to others
BE Safe BE Responsible BE Empowered	Oct. 17	Command Your Temper	1. When you get angry, what do you notice about yourself? What happens to you when you get angry? How do you react?	Students who are able to control their anger/upset, students who are able to rejoin class after having to leave due to anger/upset

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iBElieve Standard:	Week Taught:	UNIT (bolded) and Topic:	Discussion Questions:	PBIS Look Fors:
BE Responsible BE Respectful BE Ready to Learn	Oct. 24	HEALTHY RELATIONSHIPS Relationship Skills, Communication Matters	1. Name a few good healthy relationship skills. 2. Should we listen more than we talk? How will listening benefit others as well as yourself?	Students who try to solve problems on their own, no matter how big or small, praise the effort and process even if a solution was not found
BE Responsible BE Empowered	Oct. 31	Embracing Society, Meaningful Relationships	1. Are all relationships equal? Does everyone have to be your friend? 2. How can you be more present and intentional in your relationships?	Students who actively participate in class discussions
BE Respectful BE Responsible	Nov. 7	The Dream Team	1. What are some ways you can be a good team player?	Students who work well with others, who demonstrate good team work skills
BE Ready to Learn BE Empowered	Nov. 14	AWARENESS OF RESOURCES Meditation, Social Awareness	1. What is meditation? Do you meditate? How you can you begin to do this throughout your day? 2. How is being aware of others important for you personally?	Take a few minutes and have students quietly think to themselves 4 things they see, 3 things that hear, 2 things they feel and one thing they smell. Praise students who do this activity.
BE Empowered	Nov. 28	Daily Affirmation Statement, Find Peace Through Stillness	1. What is a daily affirmation that would work for you? 2. When is a good time for you to create alone time each day? Where could you go, and how would you do it?	Consider writing/saying "You are" statements and sharing with students. For example, "You are a hard worker," "You are considerate of others."
BE Empowered	Dec. 5	Finding Solutions in Stillness	1. What are some ways you can practice being still?	Students who are able to listen attentively and remain focused

Monroe County School District
PURPOSE PREP - Grade 10 Learning Sequence and Discussion Questions

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iBElieve Standard:	Week Taught:	UNIT (bolded) and Topic:	Discussion Questions:	PBIS Look Fors:
BE Safe BE Responsible BE Empowered	Dec. 12	SUBSTANCE ABUSE PREVENTION Vaping and JUULing, Face Your Emotions	1. Can you be addicted to vaping and JUULing without nicotine? How can vaping and JUULing without nicotine lead to bigger addictions? 2. How does sharing your emotions with others help you identify them better?	Students who show or verbalize their ability to make healthy life choices
BE Empowered	Jan. 2	Believe in Yourself, Coping with Grief, Loss and Shame	1. What are some situations in which you generally believe in yourself? 2. What is shame and how does shame hold you back from your full potential?	Students who complete homework and in class assignments, for those who have not have a private discussion about any roadblocks they may be encountering to get the work done
BE Ready to Learn BE Empowered	Jan. 9	Transactional vs. Transformational Mentorship	1. If you were going to choose one of your peers to be a mentor, who would it be and why?	Students who show good leadership skills
BE Safe BE Responsible BE Empowered	Jan. 16	KEEPING YOURSELF SAFE Setting Realistic Boundaries, Practice Examples of Self-Esteem	1. In what ways can setting up healthy boundaries improve your relationships? 2. What does healthy self-esteem look like? What does unhealthy self-esteem look like?	Students who are engaged in learning and make a positive impact on class climate

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BE Responsible BE Respectful BE Ready to Learn BE Empowered	Jan. 23	Communication with Your Friends	1. Think about a relationship or two that you want to continue and grow. How can you show that intentionality with your words and actions? How can you be a good friend to them?	Students who think before they speak or act
BE Empowered	Jan. 30	SUICIDE PREVENTION Swearing and Degrading Words, The Daily Forgiveness, Thankfulness and Confidence Exercise	1. Which speaks louder: confidence or insecurities? Explain your answer 2. What does mindfulness mean to you? How will our relationships with others become impacted if we focus daily on being mindful?	Students who show compassion and care for others, students who are engaged and enhance the climate of your class, try to identify students who have not been praised for this, in particular students who may present with more challenges, find ways to let them know they are important members of the class
Universal Screening week	Feb. 6	Universal Screening for all students - Students should complete the universal screener during this week's HLI block		
BE Safe BE Responsible BE Empowered	Feb. 13	Death of a Loved One, Overcoming Traumatic Memories	1. How can bottling up your emotions negatively affect you? 2. What is the best way to deal with trauma? What is the worst way to deal with trauma?	Students who show the ability to turn a negative situation into a positive one, no matter how big or small

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iBElieve Standard:	Week Taught:	UNIT (bolded) and Topic:	Discussion Questions:	PBIS Look Fors:
BE Empowered	Feb. 20	BUILDING COMPASSION AND EMPATHY FOR OTHERS Why Are you Here, The Secret of Purpose	1. What would you like your mission in life to be? 2. Do you agree that it doesn't matter "what you do," it matters "who you are in that process"? How is this true (or not true) in your life?	Students who express future goals, whether short or long term
BE Safe BE Ready to Learn BE Empowered	Feb. 27	People Matter, Find Peace Through Stillness	1. How can you discover your passion and stay motivated when your family doesn't support or believe in you? 2. When is a good time for you to create alone time each day? Where could you go, and how would you do it?	Students who complete assignments and remain attentive in class, students who ask for help with their work
BE Responsible BE Empowered	Mar. 6	DRESS AND GROOM FOR SUCCESS Personal Hygiene, Dress for Success	1. How do you take care of yourself? How do you incorporate personal hygiene into your routine and lifestyle? 2. How can you develop more confidence in how you dress and look? How can you maintain a positive self-image so that you can take advantage of any opportunity that comes your way?	Students who show confidence and take care of their appearance, students who have shown personal growth over the this past year
Say Something Week	Mar. 13	Say Something Week - Say Something presentations will occur during this week's HLI block		

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iBElieve Standard:	Week Taught:	UNIT (bolded) and Topic:	Discussion Questions:	PBIS Look Fors:
BE Empowered	Mar. 27	Daily Affirmation Statement, How Energy Affects Humans	1. How can you remain content with where you are in life even though you know it's not perfect? How can you embrace every season of your life? 2. How do you decide what you want to give your energy to?	Consider writing/saying "You are" statements and sharing with students. For example, "You are a hard worker," "You are considerate of others."
BE Responsible	Apr. 3	ACCEPTING AND TAKING RESPONSIBILITY Making the Choice and Accepting Responsibility, Circumstance and Situations	1. Has there been a time when you took responsibility for a mistake? How did it feel? Were you humble or reluctant to accept responsibility? How did the other people involved respond? 2. Are you responsible for everyone? Who are you responsible for?	Students who take responsibility for their actions, who admit mistakes and are honest about them
BE Ready to Learn BE Empowered	Apr. 10	Acknowledge and Embrace All of You, Changing our Thought Patterns	1. How do you embrace and acknowledge all of you? 2. What are some thought patterns you've noticed in your life? What kinds of situations trigger those thought patterns?	Students who show that they see both the positive parts of themselves, but also the parts that need growth
BE Responsible BE Empowered	Apr. 17	Motivated By Positive Feelings, How Choices Affect our Thinking	1. Do you celebrate when you get a "win"? Why is acknowledging your improvement or successes important? 2. How are your choices a reflection of your thinking? How can you change the way you think to affect your choices?	Student who have shown growth in any way this year, take time to acknowledge and reward that growth, no matter how big or small

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iBElieve Standard:	Week Taught:	UNIT (bolded) and Topic:	Discussion Questions:	PBIS Look Fors:
<p>Testing/Assessment season:</p> <p>lessons to emphasize positive self-talk, strategies for coping with stress, and action planning to stay focused on doing one's best at all times. and review key concepts and skills that need re-teaching.</p> <p style="text-align: right;">- Review - Lessons are complete. Continue to reinforce concepts and skills learned. - Use this time to go back</p>				

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iBElieve Standard:	Week Taught:	UNIT (bolded) and Topic:	Discussion Questions:	PBIS Look Fors:
BE Safe BE Responsible BE Respectful BE Ready to Learn BE Empowered	Aug. 15		During the first full week of school collaborate with your students to develop classroom norms and expectations. Take time to get to know each of your students through whole class ice-breaker activities. Remember: Connect before Content	Students who are making positive choices, making connections and building relationships
BE Safe BE Responsible BE Empowered	Aug. 22	DIGITAL CITIZENSHIP How to Protect Yourself on Social Media, Cyberbullying	1. What are the biggest dangers and risks of using social media? What are some ways to protect yourself on social media? Is catfishing a real thing? 2. Why do you think people don't want to talk about the bullying they experience? What makes people stay silent when they witness someone else getting bullied?	Students following cell phone policy and using chrome books as directed
BE Safe BE Responsible BE Empowered	Aug. 29	How Not to Become Anti-Social with Social Media, Mastering your Emotions	1. What limits or boundaries do you have or could you set up for yourself to protect you from becoming anti-social and social media obsessed? 2. What can you do to overcome negative emotions?	Students who show ability to work through frustration/anger, or who are open to trying a strategy to manage their emotions

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iBElieve Standard:	Week Taught:	UNIT (bolded) and Topic:	Discussion Questions:	PBIS Look Fors:
BE Safe BE Responsible BE Ready to Learn BE Empowered	Sept. 5	MENTAL WELLNESS Anxiety, Depression	1. What is anxiety? What does it feel like? 2. What are some ways that you can help yourself and get help if you feel depressed? How can you help a friend who is struggling with depression?	Students who show effort in their work, students who keep trying even though the work is not easy
BE Ready to Learn BE Empowered	Sept. 12	Mindfulness, Learn How to Say "No"	1. How can you use principles of meditation to be more mindful? 2. Have you ever made up in your mind "who you are" and "who you are not"? How can this help you to say "no" to hurtful things and "yes" to helpful things?	Students who are open to trying new things or ways of doing something, students who show positive decision making skills
Start with Hello week	Sept. 19	Start with Hello week - SWH Presentation will occur during this week's HLI block		
Universal Screening week	Sept. 26	Universal Screening for all students - Students should complete the universal screener during this week's HLI block		
BE Empowered	Oct. 3	Being Present	1. How can you choose to "be here now" and be present?	Students who are focused and actively engaged in the learning process

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iBElieve Standard:	Week Taught:	UNIT (bolded) and Topic:	Discussion Questions:	PBIS Look Fors:
BE Responsible BE Empowered	Oct. 10	DON'T STAY SILENT Surround Yourself With Giants, Breaking Free from My Secrets	1. Are you a "giant maker"? Are you positively or negatively affecting others around you? 2. Why is it hard to share our secrets? What are some reasons we feel like we can't share them with anybody?	Students who encourage and try to bring out the best in others, students who are following the iBElieve expectations
BE Responsible BE Empowered	Oct. 17	Being a Positive Influence on Others	1. What gives someone influence over others? Who do you have influence on?	Students who encourage and try to bring out the best in others
BE Responsible BE Respectful BE Ready to Learn BE Empowered	Oct. 24	BEING A CHAMPION Diffuse the Situation, Knowing Your Worth and Everyone Else's	1. What are some strategies you can come up with that would help you be still and act from a position of strength rather than anger? 2. How does remembering that every person deserves love and support affect how you view someone who is bullying? How does it affect how you view the person being bullied?	Students who help bring out the best in others, students who use their strengths to their advantage and in helpful ways
BE Responsible BE Empowered	Oct. 31	What's at Stake, Being Observant	1. How does bullying affect a person's entire life and their future? 2. How does discussing bullying make you more aware of bullying around you?	Students who show empathy and try to make connections with others. Students who "Say Hello" to others they see alone.

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BE Respectful BE Responsible BE Empowered	Nov. 7	Creating Real Change	1. What do you think it means to be a champion of others?	Students who speak positively to others
BE Ready to Learn BE Empowered	Nov. 14	AWARENESS OF RESOURCES Competing Commitments, Get Specific & Break it Down	1. Are you aware that there are some things you need to change in your life? Do you have a desire to change them? Are you willing to put in the work? 2. Give a personal example of a relationship experience that negatively affected you. Did you find it difficult to trust certain kinds of people after that incident?	Students who have been given feedback, taken that feedback, and learned from it, students who have shown effort in improving areas that needed growth
BE Empowered	Nov. 28	What is Traditional Mentoring?, Gratitude	1. Who is one person you can see in a mentor role? What draws you to that person? 2. What is gratitude? How does having gratitude benefit you?	Students who help and inspire others and students who verbalize healthy life choices
BE Empowered	Dec. 5	Hope in Hopelessness	1. What is hope? Why is it important to have hope?	Students who show a positive outlook, students who demonstrate optimism

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iBElieve Standard:	Week Taught:	UNIT (bolded) and Topic:	Discussion Questions:	PBIS Look Fors:
BE Responsible BE Empowered	Dec. 12	FAMILY CHALLENGES Logical vs. Emotional Thinking, Death of a Loved One	1. Do you always agree with your emotions? Do you like how you feel when you react instead of respond? What does it mean to think objectively? 2. How can you be there for someone who is experiencing loss?	Students who are able to manage their emotions well enough to think through them logically and rationally, this can be independently or with the help of a peer or adult
BE Ready to Learn BE Empowered	Jan. 2	Incarceration, Suicide	1. Do you think there is stigma around having an incarcerated relative? Why or why not? 2. Do you think that suicide is connected to a loss of hope? Why or why not?	Students who demonstrate perseverance, students who keep going despite a challenge
BE Ready to Learn BE Empowered	Jan. 9	Depression & Anxiety	1. Have you or anyone in your life ever struggled with a mental illness of any kind? How has that impacted you and the people around you?	Students who are able to label their emotions and ask for help when needed, students who are a positive influence to others
BE Safe BE Responsible BE Empowered	Jan. 16	SUBSTANCE ABUSE PREVENTION Living Drug Free and Overcoming Drugs, Circumstance and Situations	1. Are there places and people in your life that you need to change in order to overcome bad habits and/or substance use? 2. Are you responsible for everyone? Who are you responsible for?	Students who have shown personal growth since the start of the year, they may have a ways to go still but have shown growth, verbalize this and encourage them further

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BE Responsible BE Respectful BE Ready to Learn BE Empowered	Jan. 23	Suspension and Expulsion, Self-Worth	1. Have you ever been suspended or expelled? How did that make you feel? How has it affected your school life and academics? 2. What kinds of things can you do to remember who you are when others try to bring you down?	Students who are following the iBElieve expectations
BE Empowered	Jan. 30	Why Does Purpose Matter?, Connecting with Your Parents	1. Why does purpose matter? 2. How do you think you are you similar to your parents? Imagine your parents at your age, doing similar things and trying to figure out life. How does that mental exercise change how you look at them?	Students who are able to verbally label their emotions, or who express a need for support before their emotions take over, students who demonstrate the ability to see things from another person's perspective
Universal Screening week	Feb. 6	Universal Screening for all students - Students should complete the universal screener during this week's HLI block		
BE Safe BE Responsible BE Empowered	Feb. 13	KEEPING YOURSELF SAFE Mindfulness, Sex Safety, Education and Boundaries	1. How can you protect yourself from boundaries being crossed? 2. How can you take better care of your body so that your future self will thank you for it?	Students who are engaged in learning and make a positive impact on class climate

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iBElieve Standard:	Week Taught:	UNIT (bolded) and Topic:	Discussion Questions:	PBIS Look Fors:
BE Empowered	Feb. 20	BUILDING COMPASSION AND EMPATHY FOR OTHERS Why Are you Here, The Secret of Purpose	1. What would you like your mission in life to be? 2. Do you agree that it doesn't matter "what you do," it matters "who you are in that process"? How is this true (or not true) in your life?	Students who express future goals, whether short or long term
BE Ready to Learn BE Empowered	Feb. 27	People Matter, Find Peace Through Stillness	1. How can you discover your passion and stay motivated when your family doesn't support or believe in you? 2. When is a good time for you to create alone time each day? Where could you go, and how would you do it?	Students who complete assignments and remain attentive in class, students who ask for help with their work
BE Responsible BE Empowered	Mar. 6	DRESS AND GROOM FOR SUCCESS Personal Hygiene, Dress for Success	1. How do you take care of yourself? How do you incorporate personal hygiene into your routine and lifestyle? 2. How can you develop more confidence in how you dress and look? How can you maintain a positive self-image so that you can take advantage of any opportunity that comes your way?	Students who show confidence and take care of their appearance, students who have shown personal growth over the this past year
Say Something Week	Mar. 13	Say Something Week - Say Something presentations will occur during this week's HLI block		

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iBElieve Standard:	Week Taught:	UNIT (bolded) and Topic:	Discussion Questions:	PBIS Look Fors:
BE Empowered	Mar. 27	Daily Affirmation Statement, How Energy Affects Humans	1. How can you remain content with where you are in life even though you know it's not perfect? How can you embrace every season of your life? 2. How do you decide what you want to give your energy to?	Consider writing/saying "You are" statements and sharing with students. For example, "You are a hard worker," "You are considerate of others."
BE Responsible	Apr. 3	ACCEPTING AND TAKING RESPONSIBILITY Making the Choice and Accepting Responsibility, Circumstance and Situations	1. Has there been a time when you took responsibility for a mistake? How did it feel? Were you humble or reluctant to accept responsibility? How did the other people involved respond? 2. Are you responsible for everyone? Who are you responsible for?	Students who take responsibility for their actions, who admit mistakes and are honest about them
BE Ready to Learn BE Empowered	Apr. 10	Acknowledge and Embrace All of You, Changing our Thought Patterns	1. How do you embrace and acknowledge all of you? 2. What are some thought patterns you've noticed in your life? What kinds of situations trigger those thought patterns?	Students who show that they see both the positive parts of themselves, but also the parts that need growth
BE Responsible BE Empowered	Apr. 17	Motivated By Positive Feelings, How Choices Affect our Thinking	1. Do you celebrate when you get a "win"? Why is acknowledging your improvement or successes important? 2. How are your choices a reflection of your thinking? How can you change the way you think to affect your choices?	Student who have shown growth in any way this year, take time to acknowledge and reward that growth, no matter how big or small

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<p>Testing/Assessment season:</p> <p>lessons to emphasize positive self-talk, strategies for coping with stress, and action planning to stay focused on doing one's best at all times. Complete. Continue to reinforce concepts and skills learned. and review key concepts and skills that need re-teaching.</p> <p style="text-align: right;">- Review - Lessons are - Use this time to go back</p>				

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iBElieve Standard:	Week Taught:	UNIT (bolded) and Topic:	Discussion Questions:	PBIS Look Fors:
BE Safe BE Responsible BE Respectful BE Ready to Learn BE Empowered	Aug. 15	During the first full week of school collaborate with your students to develop classroom norms and expectations. Take time to get to know each of your students through whole class ice-breaker activities. Remember: Connect before Content		Students who are making positive choices, making connections and building relationships
BE Safe BE Responsible BE Empowered	Aug. 22	DIGITAL CITIZENSHIP How to Protect Yourself on Social Media, Cyberbullying	1. What are the biggest dangers and risks of using social media? What are some ways to protect yourself on social media? Is catfishing a real thing? 2. Why do you think people don't want to talk about the bullying they experience? What makes people stay silent when they witness someone else getting bullied?	Following cell phone and using chrome books as directed
BE Safe BE Responsible BE Empowered	Aug. 29	How Not to Become Anti-Social with Social Media, Mastering your Emotions	1. What limits or boundaries do you have or could you set up for yourself to protect you from becoming anti-social and social media obsessed? 2. What can you do to overcome negative emotions?	Students who show ability to work through frustration/anger, or who are open to trying a strategy to manage their emotions
BE Responsible BE Respectful BE Empowered	Sept. 5	POSITIVE AND NEGATIVE The Effects of Negativity, Turn Negativity into Positivity	1. When others around you start to complain, what is a good alternative to jumping in and joining the negative conversation? How will they react? Are you afraid of their reaction? 2. How can you remain positive yet still sympathetic when someone shares something painful or difficult with you?	Students who encourage and try to bring out the best in others

BE Empowered	Sept. 12	Reshape Our Worlds, Positivity Exercise	1. Do positive people have a reputation for being detached from reality? Why or why not? Support your opinion. 2. What can you do to shape your world with your words?	Students who listen to and show respect for the opinions/ideas of others even if they differ from their own
Start with Hello week	Sept. 19	Start with Hello week - SWH Presentation will occur during this week's HLI block		
Universal Screening week	Sept. 26	Universal Screening for all students - Students should complete the universal screener during this week's HLI block		
BE Responsible	Oct. 3	The Importance of Rest	1. Why is having rest important?	Students who show up rested or have made an effort to get more sleep
BE Respectful BE Empowered	Oct. 10	MENTAL HEALTH AWARENESS Why Compassion Matters, Born to Be Different	1. What is compassion and why is it important to leading a healthy, successful and meaningful life? 2. Who in your life would consider you to be irreplaceable? How does this make you feel? What makes you irreplaceable?	Students who show compassion and gratitude toward others
BE Empowered	Oct. 17	Stay True, Be You	1. How realistic is it to think that you can become something great if you don't believe in yourself first? How can you begin to change your thinking if you struggle with believing in yourself?	Model empowering word use with your students and encourage them to use those words with peers, reward those who do so
BE Respectful BE Empowered	Oct. 24	DIVERSITY AND INCLUSION Embracing Diversity	1. How do you think being authentic changes how people perceive each other? How can authenticity change the way you and your classmates embrace diversity?	Students who do not give into peer pressure, regardless of how small
BE Empowered	Oct. 31	Why We Need Diversity, Diversity and Inclusion	1. Are there ways that you try to blend in or hide who you are because of differences with others? 2. How can you better embrace inclusion and diversity?	Students who embrace diversity and accept peers for who they are without judgment

BE Empowered	Nov. 7	Accepting Your Circumstances	1. Do your circumstances define who you are or want to be? Are you using your circumstance as a reason to become better or an excuse to stay the same?	Students who show effort in their work, students who keep trying even though the work is not easy
BE Ready to Learn BE Empowered	Nov. 14	MENTAL HEALTH Break it Down, Shifting Your Perspective	1. Do you believe that you are destined for something great? Are you open to achieving something more than what you can currently dream of? How can you remain open to this? 2. What are the risks in thinking that everyone else is always wrong and you're always right? Is it possible for two people to both be right but just have different perspectives?	Students who are willing to take risks academically or step out of their comfort zone (present in front of the class, teach the class a concept, help a peer with a problem)
BE Empowered	Nov. 28	Healing Your Mind, The Freedom in Forgiveness	1. What are you watching, listening to or looking at that can negatively impact your mind? What are some positive changes you can replace those things with? 2. Who holds the power when you hold onto hurt and offenses caused by someone else?	Students who maintain a positive mindset even when faced with a challenging or upsetting situation
BE Empowered	Dec. 5	Tips to Mental Health	1. Do you sweat the little things? In what ways can you be more easygoing, flexible or light-hearted?	Students that show flexibility with their peers, adults and/or school work
BE Safe BE Responsible BE Empowered	Dec. 12	SUICIDE PREVENTION Suicide Prevention, Negative Thinking Patterns	1. What are signs of depression? 2. Have you or can you notice any negative thinking patterns in your life?	Students who express a negative thought or emotion, but either on their own or with help, are able to reframe it in a positive way

BE Empowered	Jan. 2	Loved, Valued, and Accepted, Positive Reinforcement	1. Why is it important to see how valuable you are? How does knowing your worth affect your decisions? 2. "You are the company that you keep." In other words, you end up being like the people with whom you surround yourself. Do you agree with this statement? Why or why not?	Students who have shown that they can make positive peer choices, students who are a positive influence on others
BE Safe BE Responsible	Jan. 9	Suicide Prevention and Education	1. List a few people who you could go to if you were struggling with suicidal thoughts and why you'd trust and go to them.	Students who are able to verbalize who they could go to if they needed help emotionally
BE Safe BE Responsible BE Empowered	Jan. 16	SUBSTANCE ABUSE PREVENTION Substance Abuse, Don't Fault People's Limitations	1. What are some of the challenges faced by families who struggle with substance abuse? 2. When someone doesn't recognize your needs, what is the best way to respond?	Students who have shown a renewed interest in their graduation, whose motivation to succeed has improved
BE Safe BE Responsible BE Ready to Learn BE Empowered	Jan. 23	The Consequences of Drugs, Truancy: Absenteeism and Missing School	1. Do you feel like drugs are being normalized? How do you feel about that? 2. Do you have a hard time wanting to be engaged in school? Do you struggle with being absent? What can you do to begin to shift your perspective on the value of school?	Students who have shown improvement in their attendance
BE Empowered	Jan. 30	Breaking Free of Limitations	1. Do you believe in yourself? Do you put limits on yourself? How so?	Students who are on track for graduation, students who are actively working toward improving their graduation status
Universal Screening week	Feb. 6	Universal Screening for all students - Students should complete the universal screener during this week's HLI block		

BE Safe BE Responsible BE Empowered	Feb. 13	DEALING WITH TRAUMA The Pain of Rejection	1. Have you ever experienced a healthy breakthrough from something you struggled with for years? Have you ever shared this success with anyone else? Are you in need of a breakthrough? Who can you ask for help?	Students who have shown growth socially, emotionally, behaviorally, and/or academically
BE Safe BE Empowered	Feb. 20	Trauma with Sexual Abuse and Molestation	1. What does unconsented mean?	Students who are following the iBElieve expectations
BE Safe BE Responsible BE Empowered	Feb. 27	Sexual Pressure	1. How can you be proactive about maintaining your security from sexual pressure or contact?	Students who are engaged in learning and make a positive impact on class climate
BE Responsible BE Empowered	Mar. 6	DRESS AND GROOM FOR SUCCESS Personal Hygiene, Dress for Success	1. How do you take care of yourself? How do you incorporate personal hygiene into your routine and lifestyle? 2. How can you develop more confidence in how you dress and look? How can you maintain a positive self-image so that you can take advantage of any opportunity that comes your way?	Students who show confidence and take care of their appearance, students who have shown personal growth over the this past year
Say Something Week	Mar. 13	Say Something Week - Say Something presentations will occur during this week's HLI block		
BE Empowered	Mar. 27	Daily Affirmation Statement, How Energy Affects Humans	1. How can you remain content with where you are in life even though you know it's not perfect? How can you embrace every season of your life? 2. How do you decide what you want to give your energy to?	Consider writing/saying "You are" statements and sharing with students. For example, "You are a hard worker," "You are considerate of others."
BE Responsible	Apr. 3	ACCEPTING AND TAKING RESPONSIBILITY Making the Choice and Accepting Responsibility, Circumstance and Situations	1. Has there been a time when you took responsibility for a mistake? How did it feel? Were you humble or reluctant to accept responsibility? How did the other people involved respond? 2. Are you responsible for everyone? Who are you responsible for?	Students who take responsibility for their actions, who admit mistakes and are honest about them

BE Ready to Learn BE Empowered	Apr. 10	Acknowledge and Embrace All of You, Changing our Thought Patterns	1. How do you embrace and acknowledge all of you? 2.What are some thought patterns you've noticed in your life? What kinds of situations trigger those thought patterns?	Students who show that they see both the positive parts of themselves, but also the parts that need growth
BE Responsible BE Empowered	Apr. 17	Motivated By Positive Feelings, How Choices Affect our Thinking	1.Do you celebrate when you get a "win"? Why is acknowledging your improvement or successes important? 2. How are your choices a reflection of your thinking? How can you change the way you think to affect your choices?	Student who have shown growth in any way this year, take time to acknowledge and reward that growth, no matter how big or small

Testing/Assessment season:

lessons to emphasize positive self-talk, strategies for coping with stress, and action planning to stay focused on doing one's best at all times. and review key concepts and skills that need re-teaching.

- Review
- Lessons are complete.
- Use this time to go back