BASE Education Pacing Guide: Grades 6–8

Support the Unique Developmental Needs of Middle School

Middle school is a stage of youth development that comes with special challenges all its own.

- Peers take on more importance
- Students wrestle more actively with who they are
- Kids evaluate their strengths and weaknesses
- Middle schoolers are making more independent decisions about how to spend their time
- Students have greater understanding about how their behavior impacts others
- Teasing can shift to bullying as youth begin to realize their power
- The digital world moves from being a play space to a social space
- Puberty hits and peer groups solidify

Navigating all these challenges requires growing skills. BASE Education curriculum supports success in this pivotal time in social/relational development and self-awareness. This BASE pacing guide keeps these areas of focus in mind and aligns with SEL learning standards for Grade 6–8. Courses in this pathway will help students understand and reflect on these important real-life skills.

Grade 6 Recommended Course Sequence

Grade 6 is a level setting year where students are moving from elementary often to a brand-new environment. This pathway is designed to help support students in safely navigating the social and digital world as well as how they relate to themselves and others.

Grade 6	1	Who Am I? (Grade 4–6)
	2	Bullying and Cyber Bullying (Grade 4-6)
	3	Digital Safety (Grade 4–6)
	4	Vision of Self
	5	Keeping Calm (Grade 4–6)
	6	Healthy Communication

CASEL Competency Key

Social-Awareness	Self-Awareness	Self-Management	Relationship Skills	Responsible Decision Making

Grade 7 Recommended Course Sequence

Grade 7 is where middle school gets into full swing. Most students are beginning to think about what interests they want to commit to, like the band, school plays, or modified sports. Cliques begin to solidify and navigating the changing social landscape and peer demands is heightening. *(The Who am I? course can always be repeated at any grade to support teachers learning about their students.)*

Grade 7		
	1	Bullying and Cyber Bullying (Grade 6–12)
	2	Digital Safety (Grade 6–12)
	3	Self-Esteem
	4	Healthy Relationships
	5	Coping Strategies
	6	Character Traits
	7	Anger Management

Grade 8 Recommended Course Sequence

Grade 8 is where students begin to make the high school transition. Some may be taking high school classes already and others are getting to the age where they can get a part time job. Extra curriculars are in full swing and relationships are taking on new meaning. At the same time there is growing external pressure to develop and work toward future goals.

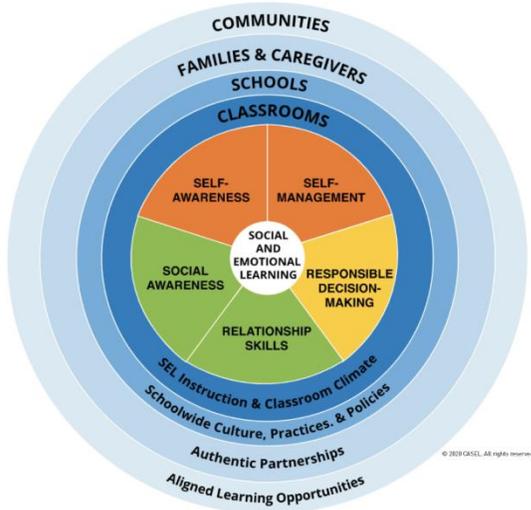| Grade 8		
	1	Future Goals
	2	Anxiety
	3	Motivation
	4	Talking to Peers
	5	Stress
	6	Change

CASEL Competency Key

Social-Awareness	Self-Awareness	Self-Management	Relationship Skills	Responsible Decision Making

Grade 6–8 Recommended Drug and Alcohol Course Sequence

Middle school is often the place where kids get exposed to choices around drugs and alcohol and begin to be faced with more risky choices. This is a list of starter courses for this grade level for ALL students. *(Course should be used with the middle school educator guides for direct instruction or follow-up.)*

Grades 6 -- 8		
	1	Learning to Say No
	2	Vaping
	3	Marijuana
	4	Cigarettes
	5	The Choking Game
	6	Drugs and the Mind: Emotions and Drugs
	7	Drugs and the Mind: Moods and Drugs
	8	Living Drug Free: Why Kids Use

CASEL Competency Key

	Social-Awareness
	Self-Awareness
	Self-Management
	Relationship skills
	Responsible Decision Making

As students age, each starter pathway teases out more nuanced learning, ending with courses that best support the middle school to high school transition.

Courses can and should be repeated as students grow and develop. Middle school educator guides also allow for targeted, age-appropriate learning.