

Resiliency Education Curriculum Guide

| Month | Character Trait | Resiliency Topic | Date | Block to be taught |
|---|------------------------|---|----------|--|
| August* <i>Will be completed over 2 separate teaching days</i> | Gratitude & Mentorship | District: Anti-Bullying Training (30 mins) | 8/21/25 | <ul style="list-style-type: none"> 9th & 10th – 3rd blk 11th & 12th – 1st & 3rd blk |
| | | District: Teen Dating Violence (30 mins) | 8/27/25 | <ul style="list-style-type: none"> 9th & 10th – 4th blk 11th & 12th – 2nd & 4th blk |
| September* <i>Will be completed over 2 separate teaching days</i> | Cooperation | Trama-Resiliency → | 9/17/25 | <ul style="list-style-type: none"> 9th & 10th – 1st blk 11th & 12th – 1st & 3rd blk |
| | | Risk of Suicide → | 9/24/25 | <ul style="list-style-type: none"> 9th & 10th – 2nd blk 11th & 12th – 2nd & 4th |
| October | Responsibility | Substance Use/Misuse Mental Health <i>*Both taught on the same day*</i> | 10/29/25 | <ul style="list-style-type: none"> 9th & 10th – 3rd blk 11th & 12th – 1st & 3rd blk |
| November | Citizenship | Online Safety Anxiety <i>*Both taught on the same day*</i> | 11/19/25 | <ul style="list-style-type: none"> 9th & 10th – 4th blk 11th & 12th – 2nd & 4th blk |
| December | Kindness | Make-up Month | n/a | n/a |
| January* <i>Will be completed over 2 separate teaching days</i> | Respect | Human Trafficking → | 1/14/26 | <ul style="list-style-type: none"> 9th & 10th – 1st blk 11th & 12th – 1st & 3rd blk |
| | | Support Systems → | 1/28/26 | <ul style="list-style-type: none"> 9th & 10th – 2nd blk 11th & 12th – 2nd & 4th blk |
| February | Honesty | Emotions Preventing Violence <i>*Both taught on the same day*</i> | 2/25/26 | <ul style="list-style-type: none"> 9th & 10th – 3rd blk 11th & 12th – 1st & 3rd blk |
| March | Self-Control | Stress Management Depression <i>*Both taught on the same day*</i> | 3/25/26 | <ul style="list-style-type: none"> 9th & 10th – 4th blk 11th & 12th – 2nd & 4th blk |
| April | Tolerance | Make-up Month | n/a | n/a |

