

Unit	Lesson
Upgrade Yourself	Anger Management Communication Skills Thoughts and Acceptance Know Yourself, Love Yourself Wrap-Up: Upgrade Yourself
Transforming Bullying	Understanding Bullying Effects of Bullying Being a Champion Overcoming Bullying: Real Stories Wrap-Up: Transform Bullying
Social Impact	Citizenship Diversity Peace Officers Fighting for Justice Wrap-Up: Social Impact
Overcoming Adversity	It's Not Your Fault Family Challenges Resiliency Mental Wellness Wrap-Up: Overcoming Adversity