Grades 6-12 Resiliency Education Lesson Schedule

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| Month | Lesson Title |
| September | Lesson 1 – Panorama Beginning of the Year Survey |
| October | Lesson 2 – Supporting Peers, Family & FriendsLesson 3 – School & Community Resources |
| November | Lesson 4 – Signs & Symptoms of Mental HealthLesson 5 – Coping Skills/Building Resilience |
| December | Lesson 6 – Empathy & Community Service |
| January | Lesson 7 – Panorama Mid-Year Student SurveyLesson 8 – Personal Safety & Suicide Prevention |
| February | Lesson 9 – Emotional Intelligence & Seeking AssistanceLesson 10 – Personal Safety & Human Trafficking |
| March | Lesson 11 – Substance Abuse & Refusal Skills, part 1Lesson 12 – Substance Abuse & Refusal Skills, part 2 and Bullying Prevention |

\*Each school creates a schedule for lesson delivery