

Character Playbook™

Building Healthy Relationships

Character Playbook™ - Building Healthy Relationships is an innovative digital course that uses evidence-based strategies to educate students on how to cultivate and maintain healthy relationships during their critical middle schools years.

Character Playbook™ - Building Healthy Relationships is comprised of six modules that cover key concepts around positive character development, social-emotional learning (SEL), and building healthy relationships. The course will allow students to engage with true-to-life scenarios that include bystander intervention strategies and positive relationship examples..

Recommended Grade Level: 7-9

Total Modules: 6

Total Time: 2-3 hours

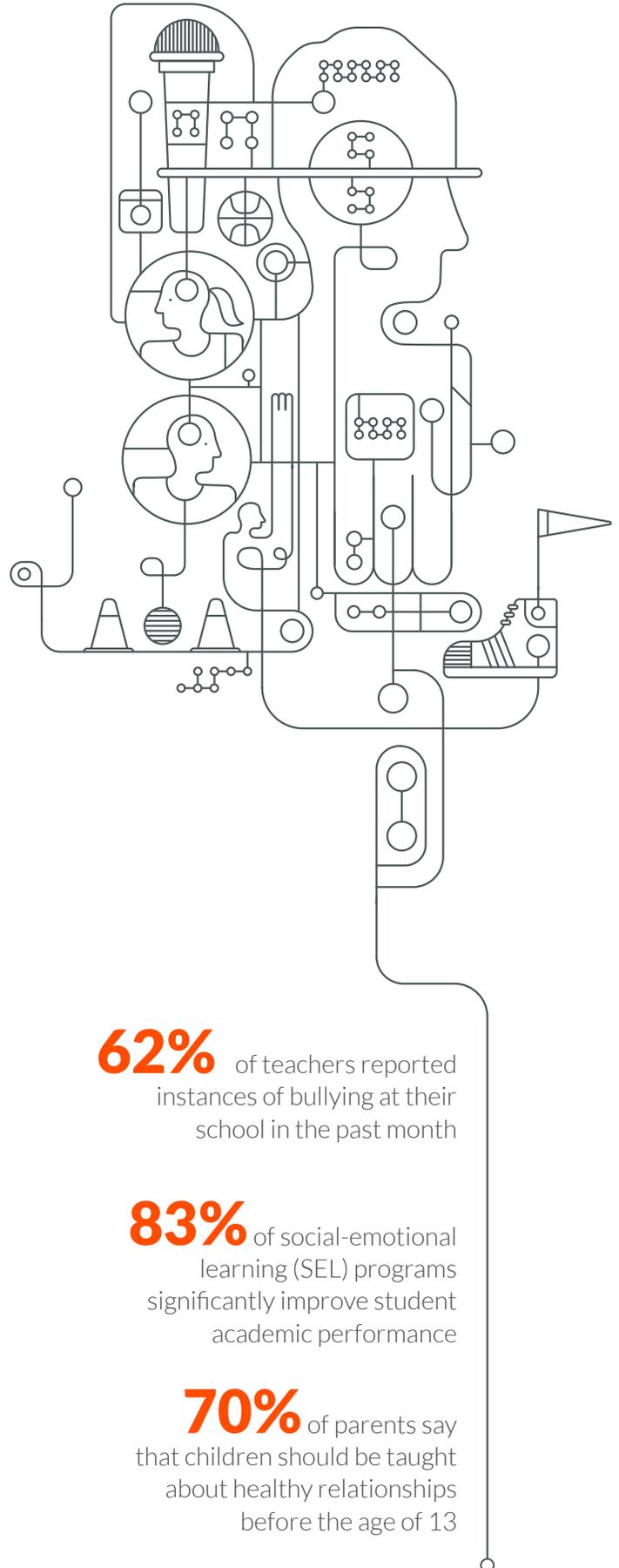
Subject Fit: Health, Social Studies, English

Standards Alignment: National Health Education Standards (NHES), CASEL Social and Emotional Learning Competencies, Common Core State Standards (CCSS)

EVERFI Course Elements

Pedagogy based on the Universal Design for Learning (UDL) and Teach for Understanding (TFU) frameworks:

- Engaging multi-media adaptive content for all types of learners
- Pre, post, and formative assessments for evidence-based learning
- Certificate-based skill development



62% of teachers reported instances of bullying at their school in the past month

83% of social-emotional learning (SEL) programs significantly improve student academic performance

70% of parents say that children should be taught about healthy relationships before the age of 13

Key Highlights

As a teacher, you receive:

- Real-time student score reports on your teacher dashboard
- Curriculum Guide with detailed course outline
- Supplemental, offline lesson plans
- Detailed standards alignment guide with your state-specific standards
- Answer Keys for all assessments
- Engaging discussion guides

Your students will receive:

- Interactive activities providing explicit instruction and reflection opportunities around building healthy relationships.
- Guided practice and scenario-based activities with targeted feedback.
- National resources, including services that provide support to students who need guidance or help.

Select Course Modules

Communicating Effectively

All healthy relationships begin with effective communication. With all of the channels for communication that students have today, it's easy for meaning to get lost in translation. Students need to know that what gets said is just as important as how it's said. In this module, students learn strategies for communicating effectively. From identifying communication barriers to interpreting subtle social cues, students will learn how to better express their thoughts, opinions, and feelings towards others.

Resolving Conflicts

While not all conflicts are avoidable, they are all resolvable. Whether it's an internal conflict or a conflict with one or multiple people, the strategies for resolution are simple. After taking this module, students will be able to recognize types of conflict and why they occur, as well as identify the best solution to each conflict type. Through all of this, students will recognize how strong relationships depend on the skillful exercise of conflict resolution, rather than the unskillful practice of conflict avoidance.

Course Module Topic Areas:

- Analyzing Influences
- Understanding and Managing Emotions
- Communicating Effectively
- Resolving Conflicts
- Stepping In
- Making Decisions



EVERFI is the leading education technology company that provides education for the real world. Founded in 2008, EVERFI is fueled by its Software-as-a-Service (SaaS) subscription model, allowing learners of all ages to learn through innovative and scalable digital education.

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