

# Character Playbook

BUILDING HEALTHY  
RELATIONSHIPS



## 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 school 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)

### Key Highlights

As a teacher, you receive:

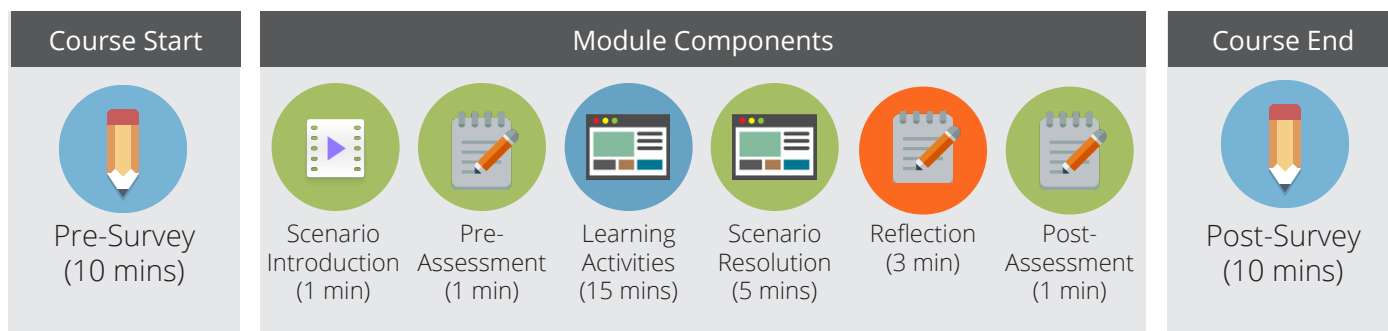
- Real-time student score reports on your teacher dashboard
- Curriculum Guide with detailed course outline
- Supplemental, offline lesson plans
- Detailed standards alignment guide with your state-specific standards
- Answer Keys for all assessments
- Engaging discussion guides

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.



### Healthy Relationships Course Flow



# EverFi Course Elements

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



Engaging multi-media content for all types of learners



Pre, post, and formative assessments for evidence-based learning



Certificate-based skill development

## 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

### Why NOW?

**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

EverFi is the leading technology platform that teaches, assesses, and certifies students in critical life skills. Our courses have touched the lives of over ten million students.

**EVERFI**

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