



## Character Playbook: Discussion Guide for Parents

	Description	Learning Objectives <i>Students will be able to...</i>	Start the Conversation
<b>Analyzing Influences</b>	Students analyze how external influences and their own personal qualities, strengths, and goals can affect their thoughts and behaviors.	<ul style="list-style-type: none"> <li>Assess external influences</li> <li>Identify personal qualities, strengths, and goals</li> <li>Understand goals of course</li> </ul>	<ul style="list-style-type: none"> <li>Who are the biggest influences in your life?</li> <li>What qualities do you admire about them? Why?</li> <li>What do you think are your strengths and best qualities?</li> </ul>
<b>Understanding and Managing Emotions</b>	Students learn how to read others' emotions and how to effectively understand, manage, and express their own emotions.	<ul style="list-style-type: none"> <li>Identify and label emotions</li> <li>Understand the role emotions play in gaining greater self-awareness</li> <li>Demonstrate effective strategies for managing and expressing emotions</li> <li>Define external factors that affect emotions</li> </ul>	<ul style="list-style-type: none"> <li>How do you know when something is bothering someone else?</li> <li>What emotions did you feel at different points today, and why did you feel them?</li> <li>When you get upset, what happens? Do you think you that's the best way for you to react?</li> <li>The last time you felt angry or sad, what caused it? How did you react?</li> <li>Next time you're angry or sad, what will you do?</li> </ul>
<b>Communicating Effectively</b>	Students learn how to properly communicate with others through various channels in order to build and sustain healthy relationships.	<ul style="list-style-type: none"> <li>Identify barriers to communication</li> <li>Understand how nonverbal cues can impact messages sent and received</li> <li>Understand appropriate digital communication channels</li> <li>Build active listening skills</li> </ul>	<ul style="list-style-type: none"> <li>Have you tried to tell a friend something, but they misunderstand? Why do you think that happened?</li> <li>What are nonverbal cues? Are you aware of yours?</li> <li>When you hang out with your friends, do you notice that you are on your phones instead of talking?</li> <li>When should you talk to someone directly instead of texting?</li> <li>Are you a good listener? Why or why not? How can you get better?</li> </ul>



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<p><b>Resolving Conflicts</b></p>	<p>Students learn techniques to avoid and manage conflicts, both internally and with others.</p>	<ul style="list-style-type: none"> <li>• Recognize the value of diverse perspectives</li> <li>• Recognize different types of conflict and why they occur</li> <li>• Identify types of resolutions and resolution strategies</li> <li>• Identify when to bring in a third party to achieve a solution</li> </ul>	<ul style="list-style-type: none"> <li>• The last time you disagreed with someone, why do you think you had different opinions? What might have formed their perspective?</li> <li>• When you and I disagree, why do you think that is?</li> <li>• Is compromising always a good solution when you disagree? When is it a bad idea to compromise?</li> <li>• When you disagree with me/a sibling/other family member, how can you resolve it?</li> </ul>
<p><b>Stepping In</b></p>	<p>Students will learn how to cultivate healthy relationships and how to recognize and intervene in unhealthy relationships.</p>	<ul style="list-style-type: none"> <li>• Determine the qualities of a healthy relationship</li> <li>• Understand the role that boundaries play in healthy relationships</li> <li>• Identify the ways in which power and control affect relationships</li> <li>• Demonstrate effective bystander intervention techniques when healthy boundaries are crossed</li> </ul>	<ul style="list-style-type: none"> <li>• What do you think makes a relationship “healthy” or “unhealthy”?</li> <li>• How do you know if someone you’re friends with or dating is crossing your boundaries?</li> <li>• Have you ever felt like a friend used power or control over you to make a decision? What did you do? What would you do differently next time?</li> <li>• If your friend is in an unhealthy relationship, how can you help?</li> <li>• When should you not step in?</li> </ul>
<p><b>Making Decisions</b></p>	<p>Students learn how to make sound decisions through the six steps of a decision diagram.</p>	<ul style="list-style-type: none"> <li>• Identify which decisions will significantly impact relationships</li> <li>• Make decisions based on moral, personal, and ethical standards</li> <li>• Apply decision-making skills to deal responsibly with academic and social factors</li> <li>• Recognize the effect of daily decisions on personal success and well-being</li> </ul>	<ul style="list-style-type: none"> <li>• What’s a hard decision you had to make recently?</li> <li>• How did you know the right choice?</li> <li>• What choices would make a big impact on your life versus a small impact?</li> </ul>