

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.

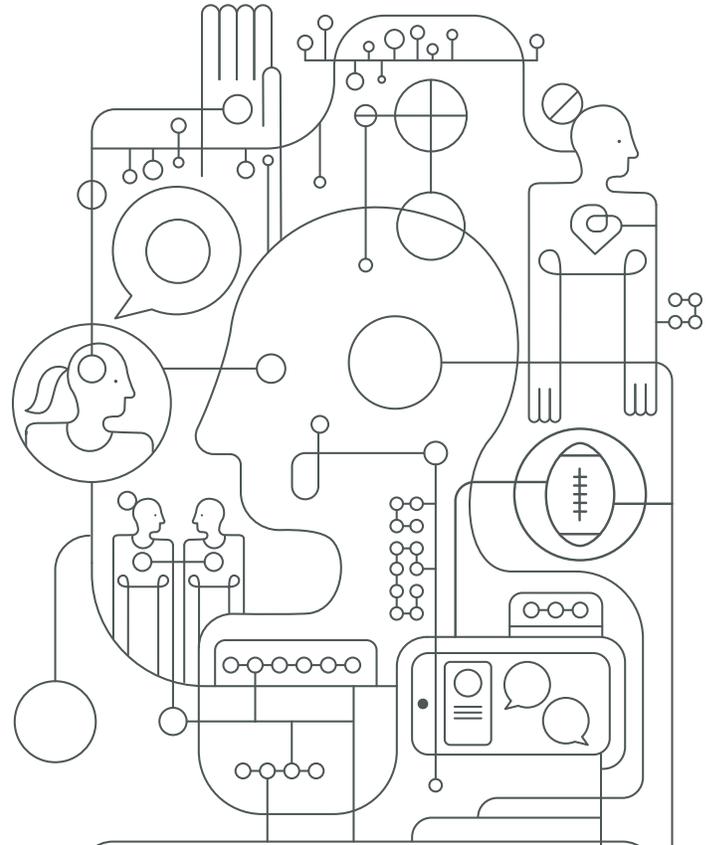
Character Playbook is comprised of six modules that cover key concepts around positive character development, social-emotional learning (SEL), and building healthy relationships. The course will allow students to engage with true-to-life scenarios that include bystander intervention strategies and positive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

Course Highlights

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

Course Topics

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



Recommended Grade Level: 7-9

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)

Course Flow



Lesson 1
Analyzing
Influences



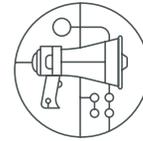
Lesson 2
Understanding
and Managing
Emotions



Lesson 3
Communicating
Effectively



Lesson 4
Resolving
Conflicts



Lesson 5
Stepping In



Lesson 6
Making
Decisions

Learning Activity Highlights

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.

For more information about bringing this program to your school or district, visit everfi.com/k-12



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