



Character Playbook: Building Healthy Relationships

FREE DIGITAL LESSONS



Social Emotional Learning for Middle & High School

According to the Issue Brief, *The Importance of Peer Relationships for Social-Emotional Development (2018)*, “All children experience occasional social stressors and peer conflicts, and 10 to 15 percent experience serious and chronic peer difficulties, including rejection, social exclusion, and victimization.” Dealing with peer group dynamics and making and keeping friends requires one to be able to understand their own emotions, communicate effectively, and problem solve through situations.¹

Our new and improved *Character Playbook* course, available for the ‘22-’23 school year, is a digital program comprised of five lessons that is built upon Collaborative for Academic, Social, and Emotional Learning (CASEL)’s SEL framework. It is an innovative course covering key concepts around five core competencies (self-awareness, self-management, social awareness, relationship skills, and responsible decision-making).

[Source¹](#)

THE LEARNING EXPERIENCE

- EVERFI’s self-guided, interactive lessons help students develop simple, actionable strategies.
- Real-world scenarios prime students for long-term behavioral change using problem-solving and self-reflection activities.
- Detailed score reports and offline extension activities help teachers maximize their impact across all students.

Grade Level: 7th - 9th

Total Lessons: 5* digital lessons

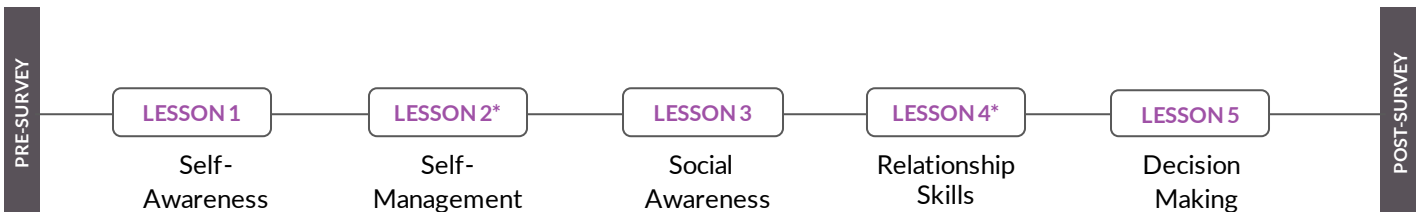
(approximately 20-25 minutes each) optional accompanying offline lesson resources available

Curriculum Fit: Health, PE, Science

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



Character Playbook - Lesson 3: Social Awareness



*LESSONS 2 & 4 COMING SOON

EACH LESSON HAS A PRE- AND POST-ASSESSMENT WITH REAL-TIME SCORE REPORTING

“Character Playbook was an excellent starting point to discussing ethical behavior and character in all aspects of our lives.”

— **Teacher**, Baker High School & Middle School, Montana

LESSON SCOPE AND SEQUENCE

1. Self-Awareness

Students learn how to recognize and analyze their internal motivations, social identities, and external influences to better understand who they are.

Learning Objectives:

- Identify the relationship between feelings, values, and thoughts
- Combine personal and social identities

2. Self-Management *Coming Soon*

Students learn how to recognize complex emotions, how to regulate/manage their emotions, and how to set goals and take actions to manage themselves.

Learning Objectives:

- Recognize complex emotions
- Demonstrate personal and collective agency
- Develop an approach to managing emotions

3. Social Awareness

Students learn how to become more socially aware in different situations and how to respect others especially when there are disagreements or differences.

Learning Objectives:

- Understand situational demands and opportunities
- Assess others' perspectives

4. Relationship Skills *Coming Soon*

Students learn how to navigate positive/negative peer pressure, how to develop effective communication skills, and how to (help) resolve conflicts constructively.

Learning Objectives:

- Differentiate between positive and negative social pressures
- Integrate effective communication skills
- Develop constructive solutions

5. Responsible Decision-Making

Students learn what's important in the decision-making process and how to make responsible decisions that are aligned to their personal values.

Learning Objectives:

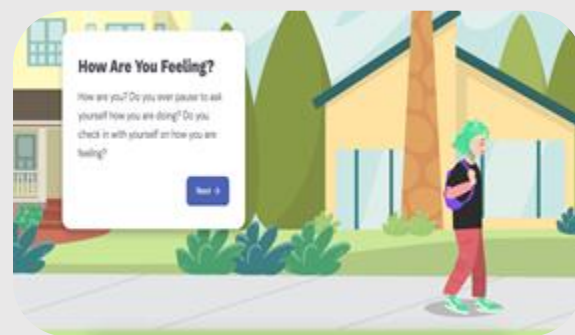
- Reflect on personal values
- Evaluate the consequences of one's actions
- Solve personal and social problems

LESSON ACTIVITIES:

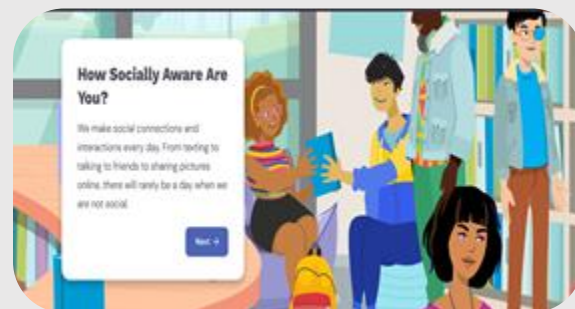
Self-Awareness



Self-Management*



Social Awareness



**Ready to Start? Register now
at EVERFI.COM/NewTeacher**

EVERFI from Blackbaud

EVERFI, Inc., a Blackbaud company, empowers educators to bring real-world learning into the classroom and equip students with the skills they need for success - now and in the future. 3 of 5 U.S. school districts use EVERFI's digital resources to teach topics like financial literacy, social-emotional learning, career readiness, and prevention education.

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