

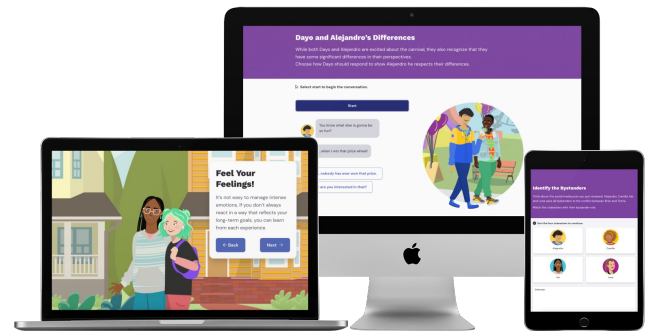
FREE DIGITAL LESSONS

Character Playbook®: Building Healthy Relationships

As students navigate middle school and enter high school, their relationships with friends and peer groups grow in importance. Cultivating healthy relationships is a crucial component of a positive and supportive learning environment, which is linked to increased interest in learning, improved academic outcomes, and boosted attendance rates.¹

Character Playbook: Building Healthy Relationships is a free digital course, sponsored by the NFL, that teaches students how to establish and maintain healthy, supportive relationships with their classmates. Through an interactive learning experience, students engage in true-to-life scenarios that explore the fundamentals of communication, conflict resolution, and managing emotions. Students will emerge from the course equipped with real-world skills that support them to navigate the social pressures of middle school and entering high school.

1. American University ([Source](#))



Character Playbook: Building Healthy Relationships

GRADE LEVEL:
6–9

LENGTH:
5 digital lessons (20 min each) and up to 7 hr of offline learning

CURRICULUM FIT:
Homeroom, Advisory, Health, PE, Counseling, Freshman Studies, and Morning Meeting

STANDARDS ALIGNMENT:
National Health Education Standards (NHES); CASEL Social and Emotional Learning Competencies; Common Core State Standards (CCSS)

EFFICACY:
EVERFI courses are research-based.

Learn more at everfi.com/research



Free Learning Platform & Support



Self-guided, interactive digital lessons with real-world scenarios



Offline lessons & resources to bring the digital lessons to life



Built-in student assessments with automatic grading



Single sign-on (SSO) available to streamline student registration

Clever -and- **ClassLink**

EVERFI®



Regional team to support you every step of the way

PRE-SURVEY

LESSON 1
Self-Awareness

LESSON 2
Self-Management

LESSON 3
Social Awareness

LESSON 4
Relationship Skills

LESSON 5
Responsible Decision-Making

POST-SURVEY



CHARACTER PLAYBOOK™
POWERED BY
EVERFI

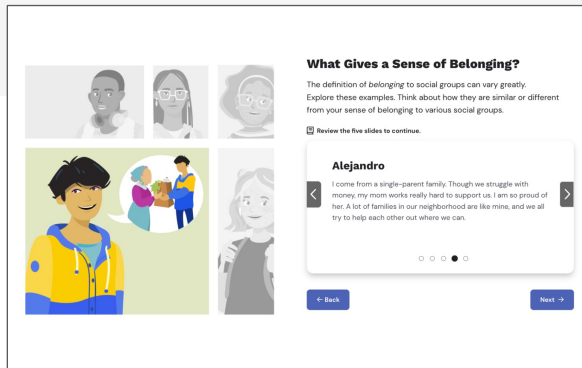


**MEASURABLE
IMPACT**

Evaluate learning gains with pre- and post-lesson assessment questions and real-time score reporting.

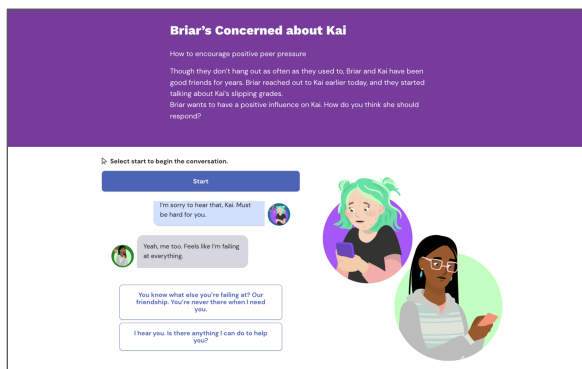
Teach Your Students How to Cultivate and Maintain Healthy Relationships

Interactive digital lessons include:



Self-Awareness

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



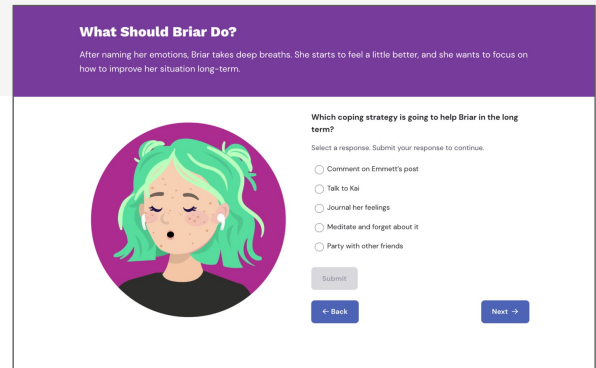
Relationship Skills

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



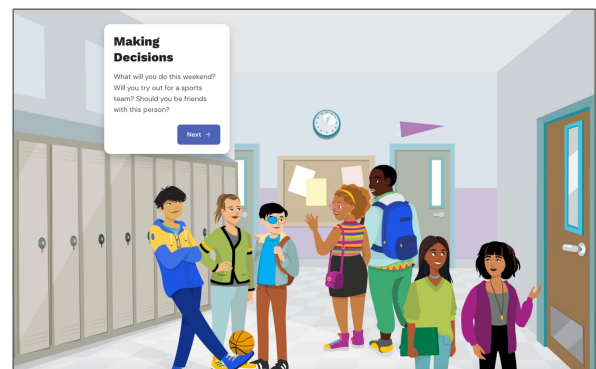
I love seeing how engaged my students were with the material. It's such useful information right now—being able to teach them how to manage their emotions. Seeing them engage and wanting to learn about how to manage their emotions, how to interact with each other was really inspiring to me. I would definitely recommend it to the teachers out there.

—Middle School Teacher, North Carolina



Self-Management

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



Responsible Decision-Making

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



**CHARACTER
PLAYBOOK™**
POWERED BY
EVERFI

This course is a part of EVERFI's
Health & Wellness Suite

Discover complementary courses covering topics like empathy, mindfulness, digital wellness, and bullying prevention.

EVERFI®

Ready to start?

Register now at
everfi.com/newteacher



EVERFI 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.

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