

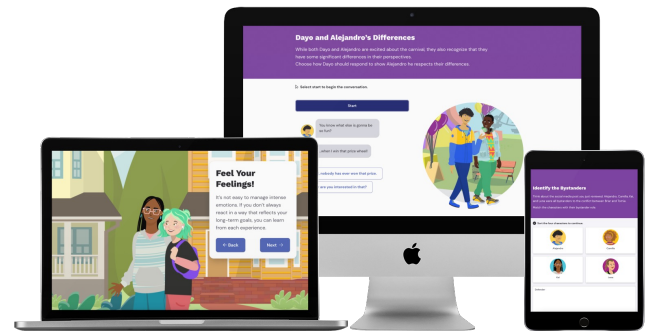
FREE DIGITAL LESSONS

# 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.<sup>1</sup>

*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.



Character Playbook: Building Healthy Relationships

1. American University, 2022 (Source)

**GRADE LEVEL:**  
6-9

**LENGTH:**  
5 digital lessons,  
25 mins each

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

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

**EFFICACY:**  
All EVERFI K-12 courses  
are research-based

Learn more at  
[EVERFI.com/Research](https://EVERFI.com/Research)



## Free Digital Platform & Support



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



Extension activities & 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**

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



**MEASURABLE  
IMPACT**

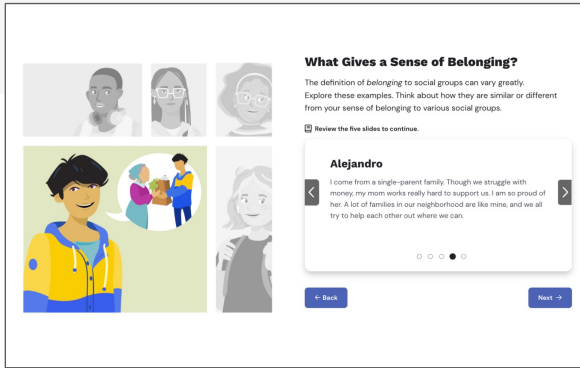
Evaluate learning gains with pre- and post-lesson assessment questions and real-time score reporting

# Teach Students How to Cultivate and Maintain Healthy Relationships



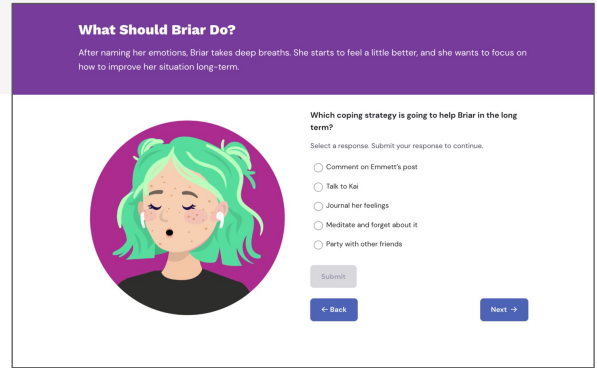
I love seeing how engaged my students were with the material. It's such useful information right now - being able to teach them how to manage their emotions. Seeing them engage and wanting to learn about how to manage their emotions, how to interact with each other was really inspiring to me. I would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

- Middle School Teacher, North Carolina



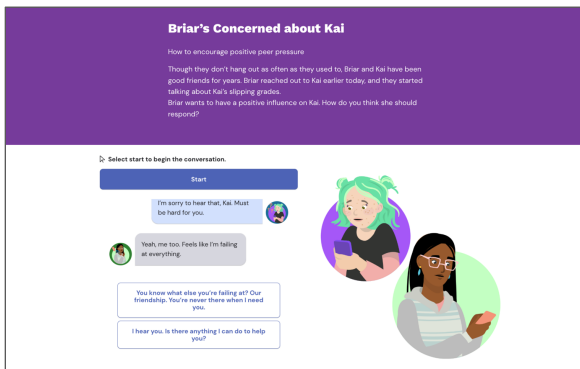
## Self-Awareness

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



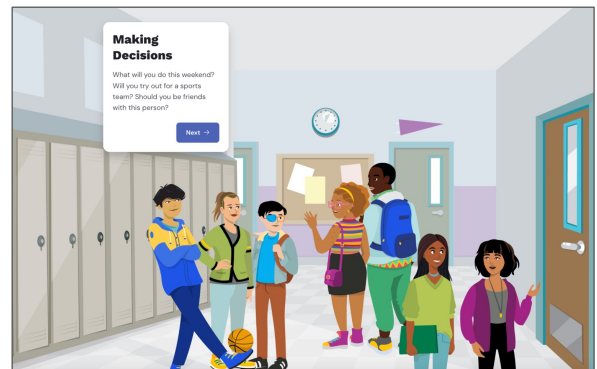
## Self-Management

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



## Relationship Skills

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



## 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.



This course is a part of EVERFI's Character Education Suite

Collection of complementary courses covering topics like empathy, mindfulness, digital wellness, and bullying prevention



Ready to start?

Register now at  
[EVERFI.com/NewTeacher](https://EVERFI.com/NewTeacher)



EVERFI from Blackbaud 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.

[EVERFI.com/K-12](https://EVERFI.com/K-12)