Resources for Effective Prevention Education

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Today’s Agenda

1. About EVERFI
2. Introduction to our content areas
3. Resources and implementation strategies
4. Questions
5. Getting Started
Bell Ringer:

What are some of the issues you see your kids struggling with on a daily basis?

What are some skills you want them to have ten years from now?
EVERFI - Financial Literacy builds the foundation for students’ future financial wellbeing. Covering everything from common account types to the basics of investing, each module provides bite-sized, instructional animations to make each topic approachable and relatable to students.

**Course Highlights**

- Real-life guided practice simulations, like filling out the FAFSA or 1040-EZ forms
- Ability to share budgeting & higher education information with parents

**Course Topics**

- Banking basics
- Renting vs owning
- Taxes and insurance
- Financing higher education
- Saving and investing

**At-a-Glance**

Grade Level: 9th - 12th  
Total Lessons: 9 lessons, 40-45 minutes each  
Aligns with state and national Jump$tart, Common Core standards
Why We’re Here

76% of millennials can’t answer basic financial wellness questions.¹

16% of American high school seniors are proficient in math and interested in a STEM career.²

22% of middle schools report student bullying occurs at school daily or at least once a week.³

¹FINRA (2014) ²U.S. DOE ³NCES (2017)
Real World Learning Skills

- Financial Education
- Health & Wellness
- Cultural Literacy
- Summer Learning
- STEM & Career Exploration
- Social & Emotional Learning
EVERFI
Financial Literacy
For High School

Grade Level: 9th - 12th
Total Lessons: 9 lessons, 40-45 minutes each
Aligns with state and national Jump$tart, Common Core standards

At-a-Glance
EVERFI - Financial Literacy builds the foundation for students’ future financial wellbeing. Covering everything from common account types to the basics of investing, each module provides bite-sized, instructional animations to make each topic approachable and relatable to students.

Course Highlights
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• Ability to share budgeting & higher education information with parents

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• Renting vs owning
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• Financing higher education
• Saving and investing
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<td>Entrepreneurial Expedition</td>
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Healthier Me
Elementary + Middle School
Grades 1-4 & Grades 6-8

Mental Wellness Basics
Grades 8-10

AlcoholEdu
Grades 9-12

Prescription Drug Safety
Grades 9-12
National Impact

Since 2008, EVERFI’s digital resources have supported more than 60,000 teachers across North America.

2,399,425 Students
34,415 Teachers
19,651 Schools

2017-2018
Mental Wellness Basics

At-a-Glance

We all must work on maintaining mental health especially during challenging times. This course provides learners with the knowledge and skills necessary to build, maintain and promote positive mental health. By helping all students develop a positive mindset, and normalizing the discussion of mental health concerns, this course reduces stigma and empowers students to help themselves and others.

Course Highlights

• Four interactive modules with videos that promote learning through practice.
• Offline activities that allow teachers and students to extend learning as a class or individually.

Course Topics

• Components that lead to mental health
• Strategies that help you cope with challenges
• Seeking treatment for self and others
• Symptoms and causes of mental disorders
Bringing Mental Wellness into your School

Reframe Mental Health

1. Proactive, not reactive
1. It can always be improved
1. “Help” is not a dirty word
Learning Objectives & Outcomes

Reframe Mental Health

- Talk openly about mental health
- Be conscious of language
- Show compassion for those with mental illness
- Encourage equality between physical and mental illness
- Choose empowerment over shame
- Don’t harbor self-stigma

Focus on Yourself

Support Your Students

Combat Stigma
This course is dedicated to our good friend Todd who demanded more of us and we are better for it.

Take care of yourself.

Take care of each other.

Speak your truth, no matter what.
Course Design

There are many signs that may tell you someone is facing a mental health challenge. Changes in how a person is thinking, acting, or feeling can all be clues that they could benefit from support.

Here are some things you might notice in yourself or others:

- Pushing away or avoiding good friends.
- Showing less interest in things.
- Acting more angry or irritable than usual.
- A change in appearance, sleeping, or eating habits.
- Engaging in risky or impulsive behaviors like drug or alcohol use.

Part of overall mental health is being able to notice when you - or others - need help. Everyone benefits from the support of others to get through tough times and to make the good times even better.
You may never fully understand what another person is going through, and you may not even know if someone has a mental disorder in the first place. Maybe you know someone with a mental health disorder or maybe you don’t, but you can still put yourself in their shoes.

List five things you can do to show someone support by typing in one word or phrase at a time and pressing enter.

Type one word or phrase and hit enter

Your responses will remain anonymous and will not be recorded.

ask for help

listen

show compassion
Mental health is about how you think, act, and feel, and is influenced by both your genes and your environment.

To be healthy enough to face challenges, you need to work on both your physical and mental health.
Question 1 of 5

Which of the following determines your mental health?

- Your hobbies, classes, and activities
- Your medications
- Your friendships
- Your emotions, behaviors, and thoughts
Course Module Flow

- Pre-assessment
- Post-assessment
- Introduction to content
- Guided and independent practice
# Teacher Gradebook

<table>
<thead>
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<th>Smart Shopping</th>
<th>Ways to Pay</th>
<th>Investing in You</th>
<th>Growing a Business</th>
<th>Your Financial Future</th>
<th>Build Your Blueprint</th>
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This certificate hereby confirms that

STUDENT NAME

has been certified through the

PROGRAM NAME

Co-Founder & Chief Executive Officer, EVERFI
# Mental Wellness Basics

## Course Outline

<table>
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<tr>
<th>Lesson</th>
<th>Topics</th>
<th>Description</th>
<th>Learning Objectives</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mental Health Basics</td>
<td>How to support Mental Health</td>
<td>This course speaks positively to all learners about their own mental wellness. The impact of stress, the influence the brain has on each person, and the impact our environment can have on our mental health are all addressed. Likened to physical health, mental health is fostered through the choices we make, including our ability to notice when our mental health is at risk.</td>
<td>Describe mental health.</td>
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<td>The impact of stress</td>
<td></td>
<td>List behaviors and factors that maintain and contribute to positive mental health.</td>
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<td>Describe how stress contributes to mental health.</td>
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<td>List behaviors and factors that threaten positive mental health.</td>
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</table>
LESSON 1

Introduction to Mental Health

~ 25min  Prerequisite: None

Discussion Questions:

- What did you learn about mental health?
- What does stress feel like for you?
  Can you give an example of positive or negative stress either in your life or examples that you have seen?
- What can you do to be mentally healthy? (See Lesson 1.1 reference page)
- What were some of the issues students were dealing with in the module and how could they improve their situations?
Mental Wellness Basics

Grade Level: 8th-10th
Total Lessons: 4 lessons, 15 minutes each
Aligns with K-12 National Health Education Standards (NHES) as well as Common Core Literacy Standards (CCSS).

At-a-Glance

We all must work on maintaining mental health especially during challenging times. This course provides learners with the knowledge and skills necessary to build, maintain and promote positive mental health. By helping all students develop a positive mindset, and normalizing the discussion of mental health concerns, this course reduces stigma and empowers students to help themselves and others.

Course Highlights

• Four interactive modules with videos that promote learning through practice.
• Offline activities that allow teachers and students to extend learning as a class or individually.

Course Topics

• Components that lead to mental health
• Strategies that help you cope with challenges
• Seeking treatment for self and others
• Symptoms and causes of mental disorders
Character Playbook
Building Healthy Relationships

Grade Level: 7th - 9th
Total Lessons: 6 lessons, 20-25 minutes each
Aligns with NHES; CASEL SEL framework

At-a-Glance

*Character Playbook* is an innovative digital course that uses evidence-informed strategies to educate students on core social and emotional competencies. Using true-to-life scenarios, students learn concrete strategies for managing their emotions, communicating effectively with others and making responsible and healthy decisions.

Course Highlights

- Guided practice and scenario-based activities with targeted feedback
- National resources for students to dive deeper in specific topics

Course Topics

- Analyzing Influences
- Understanding and Managing Emotions
- Communicating Effectively
- Resolving Conflicts
Impact of Bullying

22% students ages 12 to 18 who have reported being bullied at school

Common forms of bullying include name-calling, rumor mongering, being excluded from activities, being threatened, etc.

28% students ages 10 to 18 who report being cyberbullied during their lifetimes

87% have seen others being cyberbullied.

Bullying

68%

bullied students who never notify an adult

I CAN'T BELIEVE THIS IS HAPPENING...

UH OH, WHAT'S UP WITH ALEX?

SAM NEEDS TO FIND OUT WHAT'S GOING ON SO SHE CAN HELP ALEX. WHAT'S SAM'S FIRST STEP IN KNOWING HOW ALEX IS FEELING?

- Read his body language and offer support.
- Ask Alex's friend what happened.
- Wait until Alex feels like talking.
During a conflict, people may use another person outside of the conflict to help reach a solution. This is referred to as:

A. None of the above
B. Compromise
C. Mediation
D. Negotiation
### Usage

<table>
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<tr>
<th>Usage</th>
<th>2016-2017</th>
<th>2017-2018</th>
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<tr>
<td>Teachers</td>
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<tr>
<td>Students</td>
<td>3,155</td>
<td>3,044</td>
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</table>

**Recommended Grade Level:** 7-9

**Placement:** Health, Physical Education, Counseling, Social Studies

**Time:** 2-3 Hours

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**What your students learned**

- **Understanding and Managing Emotions**
  - **Average Pre-Assessment Scores:** 55%
  - **Average Post-Assessment Scores:** 82%
  - Demonstrate effective strategies, define external factors that affect emotions

- **Resolving Conflict**
  - **Average Pre-Assessment Scores:** 44%
  - **Average Post-Assessment Scores:** 78%
  - Avoiding and managing conflicts, resolution strategies

- **Stepping In**
  - **Average Pre-Assessment Scores:** 50%
  - **Average Post-Assessment Scores:** 82%
  - Qualities of healthy relationships, bystander intervention
Building Student Capacity

Character Playbook - Student Perspectives: Increased Expectations as a Result of Character Playbook

- I deserve to be treated with respect: 72%
- I have higher expectations about how to treat someone in a relationship: 73%
- I have identified actions I can take to treat people with respect: 74%
- I can play a positive role in resolving conflict: 75%
Character Playbook Course Resources

Character Playbook Course Outline
Character Playbook Curriculum Guide
Character Playbook Parent Discussion Guide
Character Playbook Posters
Healthy Relationships Assessments + Answer Keys
Healthy Relationships Complementary Resources
Healthy Relationships Implementation Guide
Healthy Relationships Lesson Plans
<table>
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<tr>
<th>Module</th>
<th>Module Description</th>
<th>Scenario</th>
<th>Learning Objectives</th>
<th>Behavioral Goal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Analyzing Influences</td>
<td>Students analyze how external influences and their own personal qualities, strengths, and goals can affect their thoughts and behaviors.</td>
<td>Students create visual representations of their personal qualities, strengths, and goals.</td>
<td>- Assess external influences&lt;br&gt;- Identify personal qualities, strengths, and goals&lt;br&gt;- Understand goals of course</td>
<td>Students will form a positive self-image and will distinguish their unique perspective from external influences in order to make smart decisions.</td>
</tr>
<tr>
<td>Understanding and Managing Emotions</td>
<td>Students learn how to read others’ emotions and how to effectively understand, manage, and express their own emotions.</td>
<td>Alex is upset, and Sam doesn’t know why. In a flashback, we learn that Alex was benched from the last game because his coach saw him losing his temper in the hallway.&lt;br&gt;Students return to the scenario to help Sam interpret how Alex is feeling, then help Alex successfully manage his own emotions.</td>
<td>- Identify and label emotions&lt;br&gt;- Understand the role emotions play in gaining greater self-awareness&lt;br&gt;- Demonstrate effective strategies for managing and expressing emotions&lt;br&gt;- Define external factors that affect emotions</td>
<td>Students will learn how to build and maintain healthy relationships by understanding how others feel and by understanding, managing, and expressing their own emotions.</td>
</tr>
</tbody>
</table>
What are good guidelines to follow when talking with students about difficult topics?

- **Ease into the conversation**
  It can be hard to jump into a serious conversation. Start with neutral topics like school, sports or current events.

- **Ask open-ended questions**
  Ask questions that allow your student to expand on what they are thinking or feeling. Yes or no questions can stop the conversation before it starts.

- **Don’t interrupt**
  It may be hard but let your student finish what they are saying, especially if you disagree. A student is more willing to be open and honest if they think the adult is actually listening to them.
**Middle School Relationships - Educator Toolkit:** This guide includes information on relationship violence amongst teens and how you can prevent it and raise awareness. It includes discussion guides directly related to modules within the course as well as print-outs for activities to do as a class.

**Social-Emotional Learning Videos:** These videos, developed for 5th – 8th graders, are meant to be embedded into daily or weekly classroom rituals. Their goal is to strengthen students’ knowledge of SEL in a safe environment through creative expression. Take a look!

**Character-Building Activities:** These lesson plans will help students build morals, self-motivation, and a sense of school community. They align to Character.org’s 11 Principles of Effective Character Education.
Character Playbook
Building Healthy Relationships

Grade Level: 7th - 9th
Total Lessons: 6 lessons, 20-25 minutes each
Aligns with NHES; CASEL SEL framework

At-a-Glance

Character Playbook is an innovative digital course that uses evidence-informed strategies to educate students on core social and emotional competencies. Using true-to-life scenarios, students learn concrete strategies for managing their emotions, communicating effectively with others and making responsible and healthy decisions.

Course Highlights

• Guided practice and scenario-based activities with targeted feedback
• National resources for students to dive deeper in specific topics

Course Topics

• Analyzing Influences
• Understanding and Managing Emotions
• Communicating Effectively
• Resolving Conflicts
Prescription Drug Safety

At-a-Glance

*Prescription Drug Safety* is an innovative digital course that arms high school students with the knowledge and tools to make healthy, informed decisions when it comes to prescription medications. Through interactive scenarios and self-guided activities, students learn the facts about drugs, how to properly use and dispose of them, and how to step in when faced with a situation involving misuse.

**Course Highlights**

- Evidence-based, universal, public health approach to learning
- Interactive, true-to-life scenarios that reinforce key learning objectives
- Supplemental materials, including curriculum guide and lesson plans

**Course Topics**

- Opioids, stimulants, and depressants
- The science of addiction
- Misuse refusal skills
- Supporting others

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Grade Level: 9th-12th
Total Lessons: 6 lessons, 10-15 minutes each
Aligns with NHES
The Service and the Content are provided for informational purposes only and should not be considered medical advice. Please consult your medical professional with questions or concerns related to this course or your health decisions.
**Prescription Drug Abuse**

Taking a prescription drug recreationally, or for enjoyment, not for their intended purpose.

**Addiction**

A disorder characterized by the compulsive use of a substance despite adverse consequences.

**Controlled Substance**

A drug or chemical whose manufacture, possession, or use is regulated by the government due to the substance’s medical use, potential for abuse, and safety or dependence liability.

**Depressants**

Drugs, such as benzodiazepines, that are used to treat conditions such as anxiety and sleep disorders.
WHAT IS ADDICTION?

Addiction can be described as a condition that occurs when a person can’t stop using a substance. The person can’t control their cravings and will continue using the drug, even when bad things are happening to them as a result of their drug use.

In this section, we’ll explore the nature of addiction, and specifically, what happens in our brains. You’ll increase your knowledge and ability to provide support to someone who needs it.
STUDENT STORIES

Learning about the stories behind drug abuse can help you to understand how addiction can affect anyone. Review these stories to learn how each of these individual’s lives were impacted, as well as how each of them got help for their addiction.
Discussion for Module 2: Science of Addiction

Module Overview
Students learn how addiction affects the brain and explore interactive journal entries to hear how some students recovered from addiction.

Topics Covered
- Explain that anyone can become addicted to prescription drugs.
- Describe how drugs impact the brain and can lead to addiction problems.
- Define terms, such as "withdrawal" and "tolerance" and relationships to addiction.
- Describe how many addicts can manage their addictions and try to find recovery in a supportive environment.

Discussion Questions

Before Module 2:

Q1: What do you think are some factors that make someone more susceptible to abusing drugs?
   - Do you think you have any of these factors in your life?

Q2 Suggested Activity: Think-Pair-Share
AlcoholEdu for High School

At-a-Glance
Incorporating evidence-based methods and a highly engaging user experience, AlcoholEdu for High School takes a public health approach to preventing alcohol abuse. From leveraging personal values and goals to resisting peer pressure, students learn to make smart decisions around alcohol.

Course Highlights
- Goal-setting tools & student portfolio
- Pre- and post- behavioral survey data for your school
- Companion parent course

Course Topics
- Peer Pressure
- Underage drinking laws
- Alcohol and the brain & body
- Tips for talking to parents

Grade Level: 9th - 12th
Total Lessons: 5 lessons, 20-25 minutes each
Aligns with NHES standards
Say Something
Youth Violence Prevention

Grade Level: 9th - 12th
Total Lessons: 5 lessons, 5-10 minutes each

At-a-Glance

Say Something Digital, an online course based on Sandy Hook Promise’s groundbreaking curriculum, empowers students to recognize and take action when they see the signs, signals, and threats of violence. Through interactive scenarios and case studies, students build the knowledge and skills they need to prevent violence before it occurs.

Course Highlights

• Interactive scenarios help students practice skills
• Simulated conversations with trusted adults that model effective ways for students “say something.”
• Reflection exercises after each lesson for students to review key takeaways.

Course Topics

• Keeping Schools Safe
• Recognizing Signs, Signals, and Threats
• How to Speak up
The Compassion Project

At-a-Glance

Through storytelling, reflection, and rich interactive experiences, this curriculum helps to build a foundation for compassion to take root. Videos, digital activities, and classroom lessons invite students to engage with compassion in context and apply new skills, strategies, and insights to their daily lives.

Course Highlights

- Short videos to model key themes and concepts
- Interactive scenarios help students practice compassion
- Guided classroom discussion

Course Topics

- Defining compassion
- Empathy and perspective taking
- Mindfulness and growth mindset

Grade Level: 2nd-4th
Total Lessons: 15 lessons (3 digital), 25-30 minutes each
Aligns with CASEL SEL framework; CCSS ELA Standards,
Compassion Online Lessons

The Compassion Project

- Compassion Playground
- EmpathEyes
- Mindful Maze
What is compassion?

- When you see someone who seems sad.
- When you need something.
- When you see someone in need, care about their feelings, and do something to show you care.
- When you see someone who looks happy.
Curriculum Format

Each of the 15 lessons contains a video, discussion, and extension activity that will take 25-30 minutes to complete with students.

**Learn** - Students watch a short video displaying the topic of discussion and action for the day.

**Discuss** - Teachers facilitate a discussion to encourage students to reflect on what they just saw.

**Act** - Students will do an activity that puts compassion into practice.
How to Get Started
Register everfi.net

- Click Register, then K-12 Teacher
- Find Your State, Enter Your School
- Complete Your Profile
- Select a Course
- Agree to Terms of Service
- Create Your Classes!

Click can’t find your school if you don’t see it and register that way
For access or questions, please contact:

Ben Gwynne  
Director, K-12 Programs  
Email: bgwynne@everfi.com  
Phone: 314.384.6931

Stephanie Stokes  
Schools Manager  
Email: sstokes@everfi.com  
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