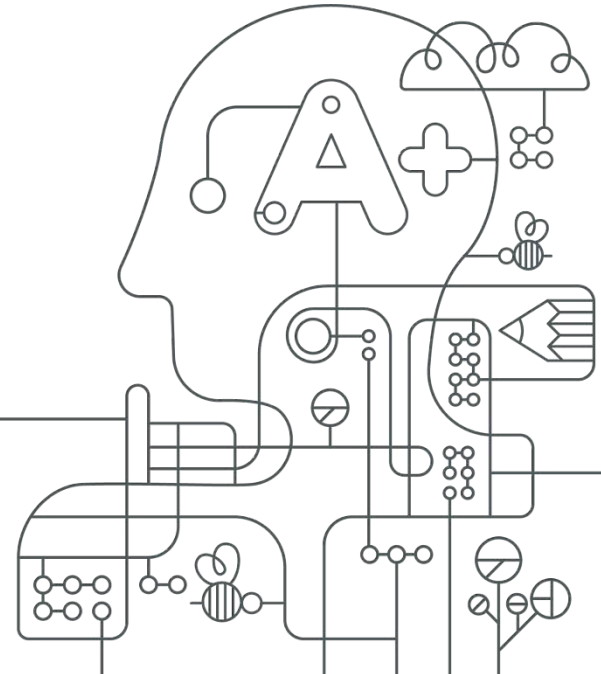


Resources for Effective Prevention Education



Ben Gwynne – Director of K-12 Programs – St. Louis

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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 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

- 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

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



Real World Learning Skills



EVERFI

Financial Literacy For High School

Grade Level: 9th -12th

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- Saving and investing

**Financial
Education**

**STEM & Career
Exploration**

**Social Emotional
Learning**

**Health &
Wellness**

**Summer
Learning**

**Cultural
Literacy**

Vault
Understanding Money
4-6th Grade

Future Goals
Hockey Scholar -
Math + Science Editions
5-7th Grade

**The Compassion
Project**
2nd-4th Grade

Healthier Me
**Nutrition &
Wellness**
1st-4th Grade &
6-8th Grade

Summer Slugger
Math & Literacy
4-5th Grade

306
African-American
History
9-12th Grade

FutureSmart
6-8th Grade

Endeavor
STEM Literacy &
Career Exploration
7-9th Grade

**Character
Playbook**
Character Education
7-9th Grade

**Prescription
Drug Safety**
9-12th Grade

EVERFI
Financial Literacy
9-12th Grade

Ignition
Digital Citizenship
6-9th Grade

Honor Code
Bullying Prevention
8-10th Grade

**Mental Wellness
Basics**
8-10th Grade

Marketplaces
Understanding Financial
Markets
9-12th Grade

Venture
Entrepreneurial
Expedition
7-10th Grade

Say Something
Sandy Hook Promise
9-12th Grade

AlcoholEdu
9-12th Grade

Health & Wellness



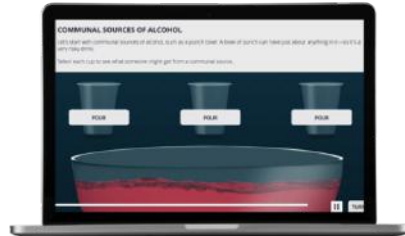
Healthier Me Elementary + Middle School

Grades 1-4 & Grades 6-8



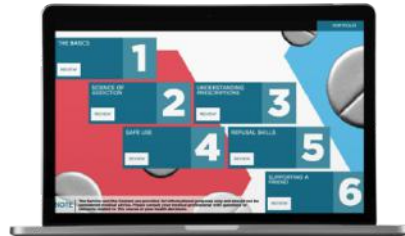
Mental Wellness Basics

Grades 8-10



AlcoholEdu

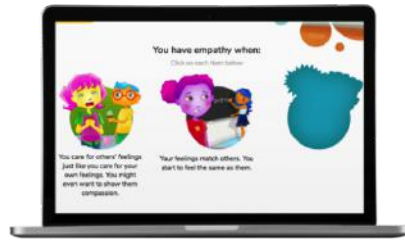
Grades 9-12



Prescription Drug Safety

Grades 9-12

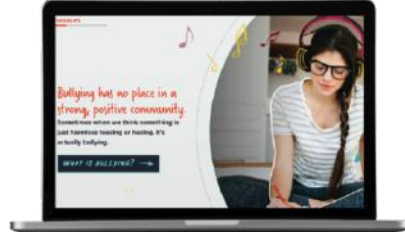
Social Emotional Learning



The Compassion Project
Grades 2-4



Character Playbook
Grades 7-9



**Honor Code:
Bullying Prevention**
Grades 8-10

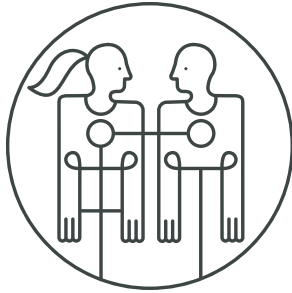


**Say Something:
Youth Violence Prevention**
Grades 9-12

National Impact

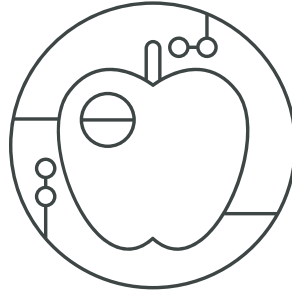
Since 2008, EVERFI's digital resources have supported more than **60,000 teachers** across North America.

2017-2018



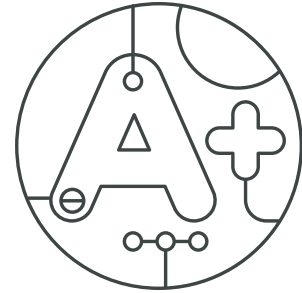
2,399,425

Students



34,415

Teachers



19,651

Schools

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.

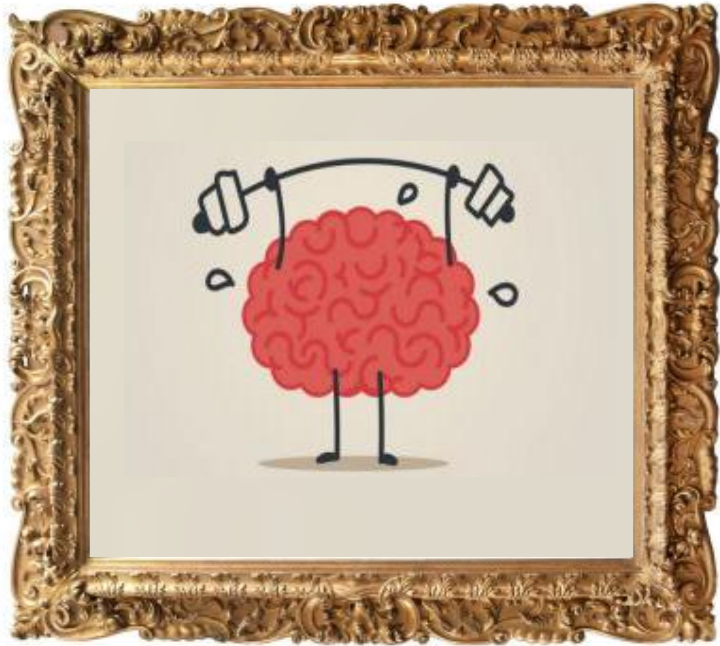
Course Topics

- 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

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

Focus on Yourself

Support Your
Students

Combat Stigma

- 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



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.

LEARN ABOUT TODD

START SURVEY

Course Design

What role does the brain play in mental health?

Choices you make for your physical health, like eating well, exercising, and getting enough sleep can have an impact on your mental health. Let's see what other factors contribute to mental health.

Flip each card to explore the 6 functions of the brain.

[LEARN MORE](#)

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

ENTER

Your responses will remain anonymous and will not be recorded.

ask for help

x

listen

x

show compassion

x



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



Teacher Gradebook

Smart Shopping	Ways to Pay	Investing In You	Growing a Business	Your Financial Future	Build Your Blueprint	Certified
100	100	90	90	100	YES	YES
90	70	70	80	90	YES	YES
80	60	70	100	80	NO	NO
90	70	70	70	80	YES	YES
80	80	70	70	80	YES	YES
70	80	70	90	80	YES	YES
90	100	100	100	80	YES	YES
90	100	100		80	YES	NO
80	50	70	100	70	NO	NO



This certificate hereby confirms that

STUDENT NAME

has been certified through the

PROGRAM NAME



A handwritten signature in black ink, appearing to read 'Thomas M. Donohue'.

Co-Founder & Chief Executive Officer, EVERFI

EVERFI

Mental Wellness Basics

Course Outline

Lesson	Topics	Description	Learning Objectives <i>"Students will be able to..."</i>
Mental Health Basics	<ul style="list-style-type: none">○ How to support Mental Health○ The impact of stress	<p>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.</p>	<ul style="list-style-type: none">○ Describe mental health.○ List behaviors and factors that maintain and contribute to positive mental health.○ Describe how stress contributes to mental health.○ List behaviors and factors that threaten positive mental health.

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.

1. Zhang, A., Musu-Gillette, L., and Oudekerk, B.A. 2016. *Indicators of School Crime and Safety: 2015*. DC: National Center for Education Statistics, U.S. Department of Education.
2. Hinduja, S. and Patchin, J. 2015. Lifetime Cyberbullying Victimization Rates. Cyberbullying Research Center.
3. Kosciw, J. G., Greytak, E. A., Palmer, N. A., & Boesen, M. J. 2014. "The 2013 National School Climate Survey." New York: Gay, Lesbian & Straight Education Network (GLSEN).
4. Davis, S., and Nixon, C. (2010). "Youth Voice Research Project," Preliminary results. PA: Penn State Erie, The Behrend College.

Bullying

68%

bullied students
who never notify
an adult



RESOURCES



ANALYZING INFLUENCES



UNDERSTANDING AND
MANAGING EMOTIONS



COMMUNICATING
EFFECTIVELY



RESOLVING CONFLICTS



STEPPING IN



MAKING DECISIONS

QUESTION 1/5

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



RESOURCES

Usage	2016-2017	2017-2018
Schools	42	43
Teachers	43	51
Students	3,155	3,044

**RECOMMENDED
GRADE LEVEL: 7-9**

PLACEMENT: Health,
Physical Education,
Counseling, Social Studies

TIME: 2-3 Hours

What your students learned

■ Average Pre-Assessment Scores
 ■ Average Post-Assessment Scores

82%

55%

**Understanding and
Managing Emotions**

Demonstrate effective strategies, define
external factors that affect emotions

78%

44%

Resolving Conflict

Avoiding and managing conflicts,
resolution strategies

82%

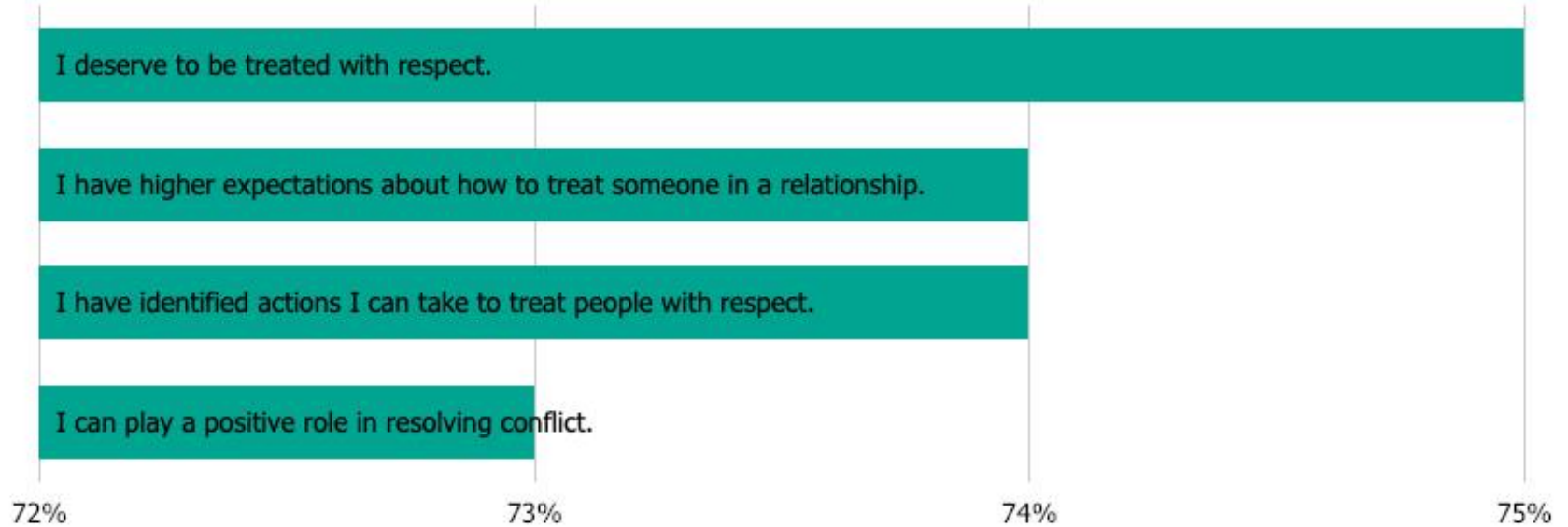
50%

Stepping In

Qualities of healthy relationships,
bystander intervention

Building Student Capacity

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



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](#)

Module	Module Description	Scenario	Learning Objectives "Students will be able to..."	Behavioral Goal
Analyzing Influences	Students analyze how external influences and their own personal qualities, strengths, and goals can affect their thoughts and behaviors.	Students create visual representations of their personal qualities, strengths, and goals.	<ul style="list-style-type: none"> ○ Assess external influences ○ Identify personal qualities, strengths, and goals ○ Understand goals of course 	Students will form a positive self-image and will distinguish their unique perspective from external influences in order to make smart decisions.
Understanding and Managing Emotions	Students learn how to read others' emotions and how to effectively understand, manage, and express their own emotions.	<p>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.</p> <p>Students return to the scenario to help Sam interpret how Alex is feeling, then help Alex successfully manage his own emotions.</p>	<ul style="list-style-type: none"> ○ Identify and label emotions ○ Understand the role emotions play in gaining greater self-awareness ○ Demonstrate effective strategies for managing and expressing emotions ○ Define external factors that affect emotions 	Students will learn how to build and maintain healthy relationships by understanding how others feel and by understanding, managing, and expressing their own emotions.

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

Grade Level: 9th -12th

Total Lessons: 6 lessons, 10-15 minutes each

Aligns with NHES



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

THE BASICS

1

BEGIN

SCIENCE OF
ADDICTION

2

BEGIN

UNDERSTANDING
PRESCRIPTIONS

3

BEGIN

SAFE USE

4

BEGIN

REFUSAL SKILLS

5

BEGIN

SUPPORTING A
FRIEND

6

BEGIN

NOTE

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.

JORDAN



RADHIKA



SAM



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

Grade Level: 9th -12th

Total Lessons: 5 lessons, 20-25 minutes each

Aligns with NHES standards



At-a-Glance

Incorporating evidence-based methods and a highly engaging user experience, *AlcoholEdu for High School* takes 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

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

Grade Level: 2nd -4th

Total Lessons: 15 lessons (3 digital), 25-30 minutes each

Aligns with CASEL SEL framework; CCSS ELA Standards,



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

Compassion Online Lessons

The Compassion Project

The screenshot shows a user interface for 'The Compassion Project'. At the top left, there is a 'Help' button with a question mark icon. At the top right, there is a 'Videos' button with a play icon. The main content area features three white rounded rectangular cards on a blue background. The first card, 'Compassion Playground', shows three cartoon children. The second card, 'EmpathEyes', shows three children, one holding a video camera. The third card, 'Mindful Maze', shows a cartoon boy. Below the cards is a colorful illustration of a park with a house, trees, and a playground. The background of the entire interface is a blue sky with a white cloud.

? Help

Videos ▶

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.

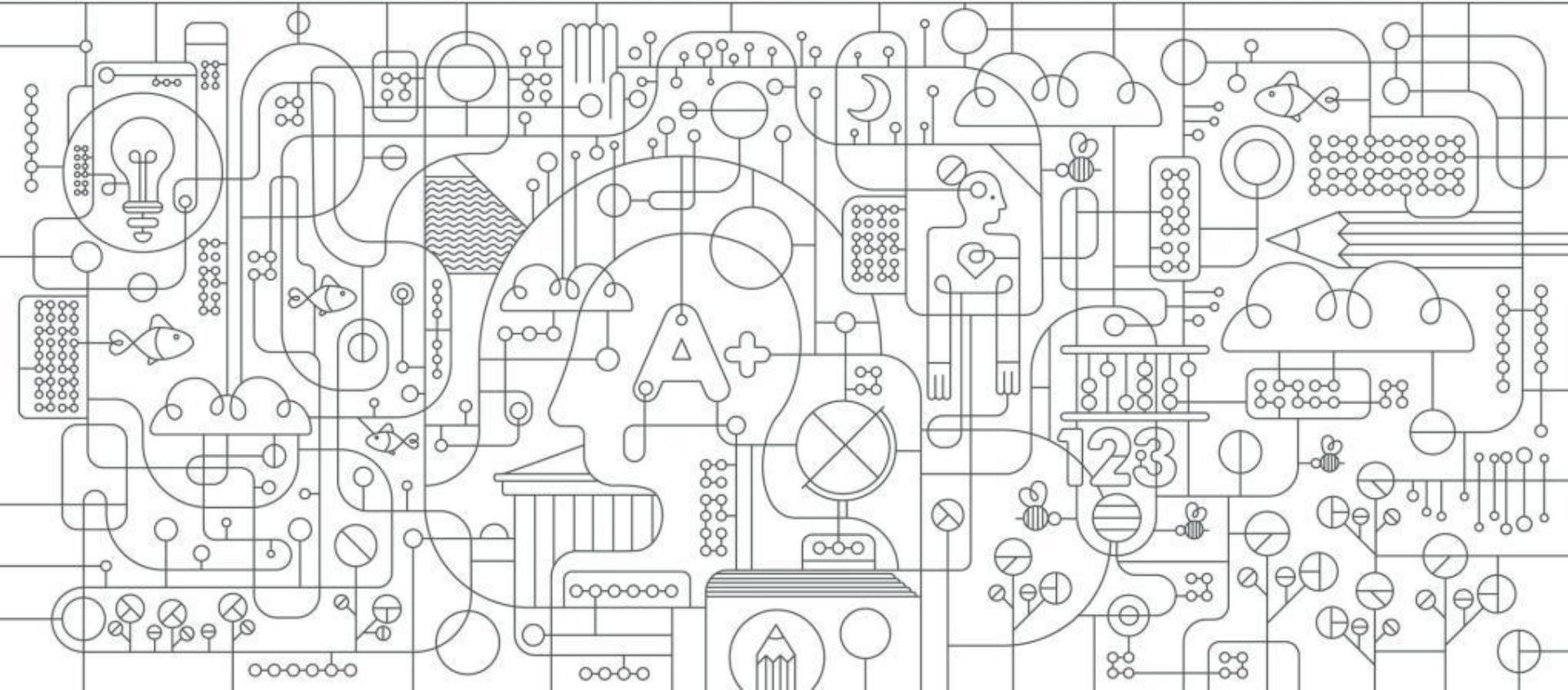
Learn - Students watch a short video displaying the topic of discussion and action for the day.

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!**

Register

Student | K12 Teacher

Find Your School:
Please select a state and search for your school.

State/Province

[Can't find your school?](#) [Next](#)

Already have an account? [Login](#)

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

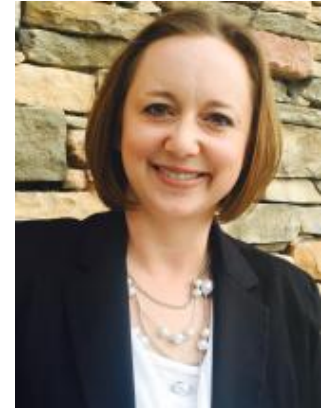
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