



CHARACTER PLAYBOOK



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Course Outline

Module	Description	Scenario	Learning Objectives <i>Students will be able to...</i>	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.
Communicating Effectively	Students learn how to properly communicate with others through various channels in order to build and sustain healthy relationships.	<p>Oscar is upset because his girlfriend, Maria, invites her friend over while the two of them are hanging out. We learn that earlier that day, Oscar expressed interest in being with only Maria that night.</p> <p>Students help Maria pay better attention when Oscar tells her how he'd like to spend their night. They then help Oscar respond clearly when Maria invites her friend over that night.</p>	<ul style="list-style-type: none"> Identify barriers to communication Understand how nonverbal cues can impact messages sent and received Understand appropriate digital communication channels Build active listening skills 	Students will use communication and social skills to interact effectively with others, including practicing safe and smart digital communication activities.

Resolving Conflicts	Students learn techniques to avoid and manage conflicts, both internally and with others.	<p>Dan and Oscar are upset one night, sulking separately at their homes. We learn that they had an argument because they wanted to do different things that night and could not come to a resolution.</p> <p>Students help Oscar and Dan use conflict resolution techniques to try to avoid an altercation in the first place, then try to resolve their disagreement in a fair way.</p>	<ul style="list-style-type: none"> • Recognize the value of diverse perspectives • Recognize different types of conflict and why they occur • Identify types of resolutions and resolution strategies • Identify when to bring in a third party to achieve a solution 	Students will demonstrate positive ways to communicate perspectives while maintaining relationships in order to avoid and manage conflicts.
Stepping In	Students will learn how to cultivate healthy relationships and how to recognize and intervene in unhealthy relationships.	<p>Alex witnesses Dan showing unhealthy behaviors toward his girlfriend, Jenna. Jenna has previously shared with Alex how Dan has become controlling, and Alex is now unsure about what to do.</p> <p>Students help Alex first decide whether to take action or not, and then decide which steps to take.</p>	<ul style="list-style-type: none"> • Determine the qualities of a healthy relationship • Understand the role that boundaries play in healthy relationships • Identify the ways in which power and control affect relationships • Demonstrate effective bystander intervention techniques when healthy boundaries are crossed 	Students will recognize compassion within themselves and take action when experiencing or witnessing an unhealthy relationship.
Making Decisions	Students learn how to make sound decisions through the six steps of a decision diagram.	<p>Brandon's friends are bullying another classmate using social media, and Brandon must decide what to do.</p> <p>Students help Brandon decide what to do by walking him through the six steps of the decision diagram.</p>	<ul style="list-style-type: none"> • Identify which decisions will significantly impact relationships • Make decisions based on moral, personal, and ethical standards • Apply decision-making skills to deal responsibly with academic and social factors • Recognize the effect of daily decisions on personal success and well-being 	Students will weigh options and reflect on personal values when faced with difficult decisions in order to make smart and thoughtful choices.