

Health & Wellness Education for The Real World

EVERFI empowers teachers to bring critical skills education into their classrooms. With digital lessons focused on topics like financial literacy, entrepreneurship, STEM exploration, and health & wellness, EVERFI helps schools and educators prepare their students to be successful in the real world. Thanks to hundreds of partners who share this mission, EVERFI provides these resources to K-12 schools and students **free of charge**.

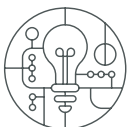
In addition to interactive digital resources aligned to state standards, educators also receive:



Real time reporting to see students' baseline knowledge and growth



Lesson plans and discussion questions



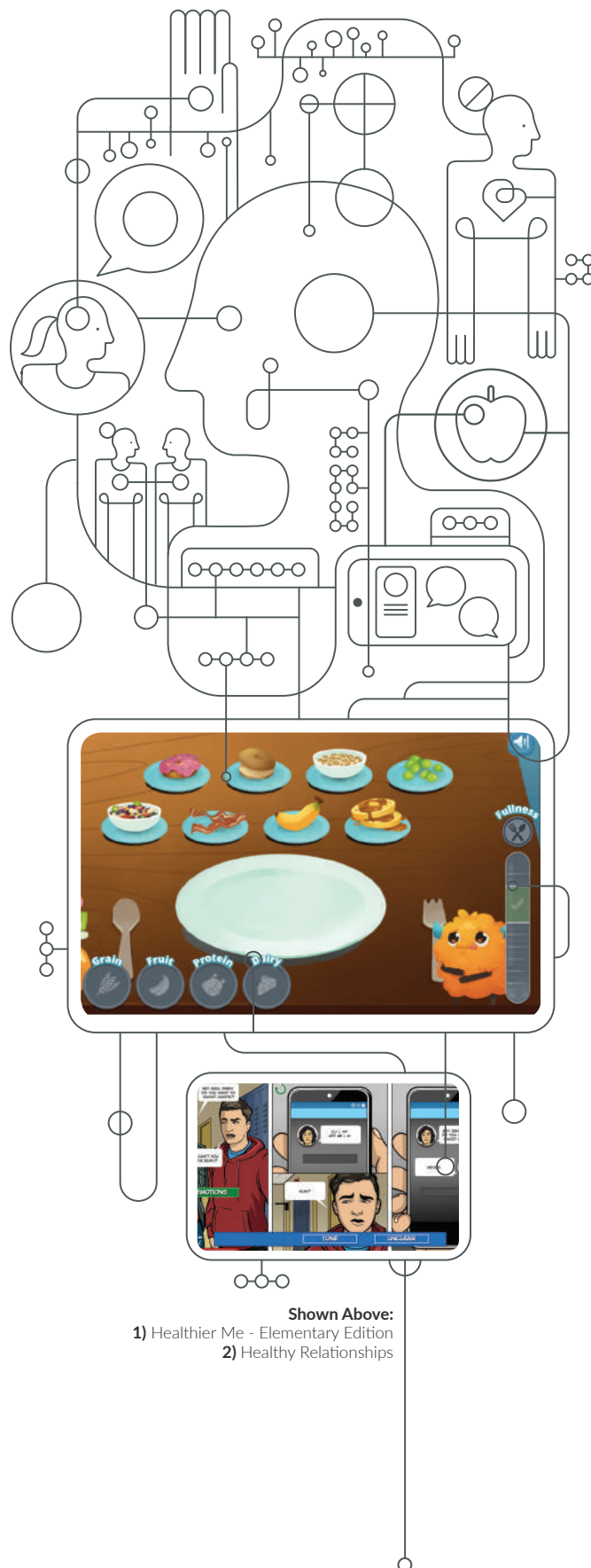
Access to EVERFI's ever-growing library of digital curriculum



Student scholarship opportunities



Personalized support from a local School Implementation Manager



Shown Above:

- 1) Healthier Me - Elementary Edition
- 2) Healthy Relationships

Learn more at everfi.com/k-12



Healthier Me - Elementary

Recommended Grade Level: 1-4th
 Total Lessons: 2 (10-15 minutes each)
 Total Time: 20-30 minutes
 Languages: English

Topics Covered:

- Exercise Fundamentals
- Basic Food Groups
- Well-Balanced Meals
- Healthy Habits

Healthy Relationships

Recommended Grade Level: 6-9th
 Total Lessons: 6 (30-40 minutes each)
 Total Time: 2-3 hours
 Languages: English

Topics Covered:

- Understanding and Managing Emotions
- Communicating Effectively
- Resolving Conflicts
- Making Decisions

Prescription Drug Abuse Prevention

Recommended Grade Level: 9-12th
 Total Lessons: 6 (5-10 minutes each)
 Total Time: 45 minutes
 Languages: English

Topics Covered:

- Prescription Drug Basics (opioids, stimulants, and depressants)
- Addiction and the Brain
- Safe Use, Misuse, and Abuse
- Refusal Skills

Healthier Me - Middle School

Recommended Grade Level: 6-8th
 Total Lessons: 3 (10-15 minutes each)
 Total Time: 30-45 minutes
 Languages: English

Topics Covered:

- Basic Food Groups
- Well-Balanced Meals
- Nutrition Labels
- Healthy Habits

AlcoholEdu for High School

Recommended Grade Level: 9-12th
 Total Lessons: 5 (20-25 minutes each)
 Total Time: 2-3 hours
 Languages: English

Topics Covered:

- Drinking Laws
- Alcohol and the Brain & Body
- Values & Goal-Setting
- Challenging Common Myths

EVERFI is the leading education technology company that provides learners of all ages with education for the real world, through innovative and scalable digital learning.

EVERFI

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