

# Healthy Relationships Start With the Right Skills.

A research-informed curriculum equipping middle school students with practical tools for emotional awareness, communication, conflict resolution, and violence prevention.

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**+37%**

Healthy vs.  
unhealthy  
recognition

**88.9%**

Online module  
completion  
rate

**212+**

Student  
touchpoints  
in Q1 2026

**4**

Modules online  
and ready to  
deploy today

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PROGRAM OVERVIEW

**For Middle Schools**

NOW ENROLLING

**2026–2027 School Year**

MEASURED OUTCOMES

# Real Results in Real Schools

In Q1 2026, 212+ middle school boys across two Hawai'i schools — Alaka'i and Chiefess — completed the Relationship Literacy Program paired with Boys to Men mentorship. Pre/post assessments showed measurable, statistically meaningful gains across every key competency area.

**+37%**

**Healthy vs. Unhealthy Behavior Recognition**

*Pre/post growth across both schools*

**+28%**

**Safety-Planning Knowledge**

*Pre/post growth across both schools*

**88.9%**

**Online Module Completion Rate**

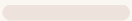
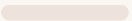


*Combined full-course completion*

**+28%**

**Red-Flag Judgment**

*Pre/post growth across both schools*

**ADDITIONAL SKILL GAINS (PRE/POST COMPOSITE SCORES)**

Trust Repair		<b>+0.99</b>	Accountability		<b>+0.80</b>
Stress Management		<b>+0.74</b>	Emotion Identification		<b>+0.67</b>

**SCHOOL-LEVEL OUTCOMES**

**Alaka'i Middle School**

+11% composite improvement across Modules 1–2. 94.7% Module 2 completion (18 of 19 students). Clear mastery of safety-oriented content and high engagement.

**Chiefess Middle School**

+15% composite improvement across Modules 3–4. 75% Module 4 completion. Deep emotional honesty in discussion and meaningful persistence growth.

*Source: RLP Q1 2026 Final Program Report — Alaka'i and Chiefess Middle Schools, Hawai'i.*

## THE FOUR-MODULE CURRICULUM

# A Complete Pathway for Middle School Students

RLP delivers a sequenced, four-module curriculum through self-paced online modules reinforced by trained mentors. Each module builds on the last, taking students from self-awareness through skill mastery to applied healthy relationships.

**MODULE 1**

## Relationships & Self-Awareness

Students explore what makes relationships healthy or unhealthy and build the emotional self-awareness needed to navigate them.

**STUDENTS LEARN TO:**

- ✓ Identify healthy vs. unhealthy relationship patterns
- ✓ Recognize their own emotional states
- ✓ Practice empathy and perspective-taking
- ✓ Build self-awareness as a relational foundation

**MODULE 2**

## Prevention of Relationship Abuse & Violence

Students learn to recognize red flags, set boundaries, develop safety plans, and know when and how to support a friend.

**STUDENTS LEARN TO:**

- ✓ Identify red flags in friendships and relationships
- ✓ Set and respect personal boundaries
- ✓ Build basic safety-planning skills
- ✓ Support a friend in trouble safely

**MODULE 3**

## Self-Management

Students build the self-control, stress management, and emotional regulation skills that turn knowledge into action.

**STUDENTS LEARN TO:**

- ✓ Manage stress with positive coping tools
- ✓ Regulate strong emotions in real time
- ✓ Pause before reacting to provocation
- ✓ Apply self-control in everyday situations

**MODULE 4**

## Healthy Relationships

Students apply everything they've learned — communication, accountability, trust repair — to build resilient, lasting relationships.

**STUDENTS LEARN TO:**

- ✓ Communicate clearly during conflict
- ✓ Take accountability after mistakes
- ✓ Repair trust when relationships break down
- ✓ Build mutual support with peers

**ALL FOUR MODULES — ONLINE AND READY**

Every module is fully built, hosted on the RLP training platform, and available to your school today. Schools can deploy all four sequentially, or focus on the specific modules most relevant to their student needs and SEL priorities.

## HOW IT WORKS

# Online Learning, Reinforced by Real Mentorship

The RLP model blends self-paced digital learning with the relational structure of trained mentors. This combination — proven through the Boys to Men partnership in Hawai'i — produces measurable gains that pure-online or pure-classroom programs rarely achieve.

1

### Online Modules

Students complete four engaging, video-based modules at their own pace — at school or at home.

2

### Mentor-Led Discussion

Trained mentors guide reflection, model the skills, and help students apply lessons to real situations.

3

### Pre/Post Assessment

Schools receive clear data on student growth in safety, regulation, accountability, and relationships.

## VOICES FROM THE PROGRAM

*The Relationship Literacy curriculum has produced the most engaging discussion times we've had with the boys. I look forward to seeing their continued growth.*

— Pastor Aaron Chidester, Mentor

*The hands-on activities make the learning genuinely relevant to their everyday lives. I've been very impressed with the positive engagement.*

— Chris McBride, Mentor

*The curriculum generates safe and thought-provoking questions, fostering insights on how to positively deal with realistic relational scenarios.*

— Roy Nagata, Mentor

## STUDENT REFLECTIONS

*"Think before speaking."*

*"Take deep breaths."*

*"Walk away from trouble."*

*"When I get mad, slow down."*

*"No fighting."*

*"Positive stress relief: lift weights and boxing."*

— RLP Students, Q1 2026

## FREQUENTLY ASKED QUESTIONS

# Common Questions From School Administrators

**Q. How long does the program take?**

Each of the four modules takes approximately 2–3 weeks when paired with mentor discussion sessions. A full program cycle covering all four modules runs roughly one academic semester. Schools can also deploy individual modules based on need.

**Q. What does it cost?**

RLP works with schools to find a structure that fits their budget, including pilot programs, district-wide implementations, and grant-funded partnerships. Contact our team for a tailored proposal based on your school's size and goals.

**Q. What support do you provide to schools?**

Schools receive full curriculum access, mentor training resources, implementation guidance, pre/post assessment tools, and ongoing technical support. Our team partners closely with school staff throughout the rollout.

**Q. Does RLP align with state SEL standards?**

Yes. RLP aligns with widely-adopted SEL frameworks including CASEL competencies. The program directly supports priorities around emotional regulation, healthy relationships, violence prevention, and student safety.

**Q. Is the program available outside Hawai'i?**

Yes. While our pilot was deployed in Hawai'i, all four modules are online and ready for schools across the United States. We are actively partnering with middle schools nationwide for the 2026–2027 school year.

## Bring RLP to Your School.

Three ways to get started — pick whichever fits where your school is right now.

1

**Schedule a Call**

Talk with our team about your school's needs and goals.

2

**Try a Module**

Experience the curriculum yourself before bringing it to students.

3

**Pilot & Deploy**

Run a pilot, review the data, and scale program-wide.

EMAIL

**info@relationshipliteracy.org**

For school inquiries and partnership conversations

WEBSITE

**relationshipliteracy.org**

Full program information and registration