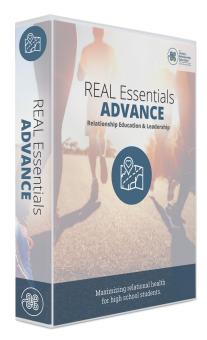


## myrelationshipcenter.org



## Sample Scope and Sequence: REAL Essentials ADVANCE

| Unit                                       | Lesson Name                                      |
|--|--|
| UNIT 1: LEARNING ABOUT YOURSELF AND OTHERS | Basic Needs of the Heart                         |
|  | Are You Enough?                                  |
|  | My Whole Self                                    |
|  | Personality Styles                               |
|  | The Adolescent Brain                             |
|  | How Do You Feel Loved?                           |
| UNIT 3: EFFECTIVE COMMUNICATION            | Communicating Effectively/<br>Resolving Conflict |
| UNIT 4: FRIENDSHIP,<br>DATING & LOVE       | Love vs. Infatuation                             |
|  | Relationship Red Flags                           |
|  | Friendship, Dating and Love                      |
|  | Foundations of a Healthy<br>Relationship         |
|  | Communicating Consent                            |
| UNIT 5: CULTURAL INFLUENCES                | The Media's Influence                            |
|  | Setting Boundaries Early                         |
| UNIT 6: PLANNING FOR YOUR FUTURE           | Order Up!  |
|  | Choices and Effects                              |
|  | Making Healthy Decisions                         |
| UNIT 9: SEXUAL HEALTH                      | Crowded Bed                                      |
|  | Steps of Physical Intimacy                       |
|  | Swapping Juices                                  |
|  | Sexually Transmitted Diseases/Infections         |
|  | A Positive Test                                  |
|  | Paper Snowball Fight                             |
|  | My Commitments                                   |
| Unit 10: Concluding<br>Activities          | Web of Support                                   |