

REAL Essentials Advance Alignment to SRAE A-F Topics

SRAE Topic	REAL Essentials Advance Lessons	Alignment Outcomes
<p>A. The holistic individual and societal benefits associated with personal responsibility, self-regulation, goal setting, healthy decision-making, and a focus on the future.</p>	<ul style="list-style-type: none"> • My Whole Self • The Adolescent Brain • Choices and Effects • Making Healthy Decisions • Refusal Skills • Creating My Life Plan • Future Orientation 	<p>Students learn to orient their decision-making process toward the future, recognize the positive health benefits of self-regulating against high-risk behaviors, and develop intrinsic motivation to achieve success.</p>
<p>B. The advantage of refraining from non-marital sexual activity in order to improve the future prospects and physical and emotional health of youth.</p>	<ul style="list-style-type: none"> • The Meaning of Sex • Steps of Physical Intimacy • The Crowded Bed • Freedoms of Saying “Yes” to Healthy Relationships 	<p>Students learn the protective factors and positive benefits that commitment and marriage provide for meaningful, safe, and connected expression of sexual behaviors.</p>
<p>C. The increased likelihood of avoiding poverty when youth attain self-sufficiency and emotional maturity before engaging in sexual activity.</p>	<ul style="list-style-type: none"> • Order Up! • A Positive Test • Employment Readiness • Overcoming Potential Obstacles 	<p>Students learn the financial freedoms and wealth accumulation strategies that coincide with delaying sexual activity.</p>
<p>D. The foundational components of healthy relationships and their impact on the formation of healthy marriages and safe and stable families.</p>	<ul style="list-style-type: none"> • The Measure of My Commitment • Finding the Love of My Life • The Foundations of a Healthy Relationship 	<p>Students learn the physical and mental health benefits on individuals and on society when families are built with strong foundational relationship skills.</p>

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E. How other youth risk behaviors, such as drug and alcohol usage, increase the risk for teen sex.	<ul style="list-style-type: none"> • Not I • The Influence of Drugs and Alcohol • Drugs and Alcohol Fact or Fiction 	Students learn the correlation between substance use and high-risk adolescent behaviors.
F. How to resist and avoid, and receive help regarding, sexual coercion and dating violence, recognizing that even with consent teen sex remains a youth risk behavior.	<ul style="list-style-type: none"> • Communicating Consent • Addressing Sexual Assault • Bullying and Violence • Relationship Red Flags 	Students learn to speak out against dating violence and develop capacity for avoiding and/or exiting toxic and unhealthy relationships.