

REAL Essentials

ADVANCE

Table of Contents

ICE BREAKERS	1
Ice Breaker: Get Acquainted Bingo	3
<i>Worksheet: Get Acquainted Bingo</i>	5
Ice Breaker: Rabbit, Pig, Tiger	7
Ice Breaker: Concentric Circles	9
<i>Concentric Circles Open-Ended Statements</i>	11
Ice Breaker: The Wright Family	13
<i>The Wright Family Story</i>	14
Ice Breaker: Popcorn	15
UNIT ONE: LEARNING ABOUT YOURSELF AND OTHERS	17
Lesson: My Whole Self	19
<i>Worksheet: My Whole Self</i>	21
<i>Handout: Categories of Intimacy</i>	22
Lesson: Personal Strengths	23
<i>Worksheet: Personal Strengths</i>	25
Lesson: Personality Styles	27
<i>Worksheet: Personality Profile</i>	29
<i>Worksheet: Personality Profile Chart</i>	30
<i>Handout: Personality Characteristics</i>	31
Lesson: The Adolescent Brain	35
<i>Worksheet: What I Learned Through Research</i>	37
<i>Answer Key: What I Learned Through Research</i>	38
Lesson: Basic Needs of the Heart	39
<i>Worksheet: Basic Needs of the Heart</i>	41
<i>Handout: Human Needs</i>	43
Lesson: How Do You Feel Loved?	45
<i>Worksheet: How Do You Feel Loved?</i>	47
Lesson: Emotional Needs	49
<i>Worksheet: Emotional Needs</i>	51
Lesson: Are You Enough?	53
<i>Handout: Are You Enough?</i>	55
Lesson: Asset Assessment	57
<i>Worksheet: Assessing Your Assets (to be completed by student)</i>	59
<i>Handout: Assessing Your Assets Letter</i>	61
<i>Worksheet: Assessing Your Assets (Take Home)</i>	62
<i>Handout: Ideas for Building Assets</i>	63
Lesson: Discovering Your Passion and Purpose	71
<i>Worksheet: 20 Questions to Discover Your Passion and Purpose</i>	73
UNIT TWO: NAVIGATING DIFFERENCES	75
Lesson: Generational Differences	77
<i>Handout: Generational Differences</i>	79
Lesson: Differences in Birth Order	81
<i>Handout: Birth Order Differences</i>	83
Lesson: Learning Style Differences	85
<i>Worksheet: Learning Style Differences</i>	87

REAL Essentials

ADVANCE

Table of Contents

Lesson: Physical Differences	89
<i>Handout: Navigating Physical Differences</i>	91
<i>Worksheet: Roles vs. Biology</i>	93
<i>Sample Answers: Roles vs. Biology</i>	94
Lesson: Circle Game	95
UNIT THREE: EFFECTIVE COMMUNICATION	97
Lesson: Effective Communication & Barriers to It	99
<i>Handout: Communication Skills and Barriers</i>	101
Lesson: Healthy People Ask	103
<i>Handout: Feeling Words</i>	105
Lesson: Feelings vs. Behaviors Train	107
Lesson: Communicating Feelings	109
<i>Handout: Feeling Words</i>	111
Lesson: Communicating Effectively/Resolving Conflict	113
<i>Handout: Conflict Scenarios</i>	117
<i>Worksheet: Who Has The Floor?</i>	118
<i>Handout: The Speaker/Listener Technique</i>	119
<i>Handout: Problem Solved!</i>	122
<i>Sample Answers: Problem Solved!</i>	123
UNIT FOUR: FRIENDSHIP, DATING AND LOVE	125
Lesson: Character Spotlight	127
<i>Worksheet: Quality of Character</i>	129
Lesson: Friendship, Dating and Love	131
<i>Worksheet: Dating: Why and How?</i>	133
<i>Answer Key: Dating: Why and How?</i>	134
<i>Handout: The 10 Keys to Successful Dating</i>	135
<i>Handout: Rights vs. Responsibilities</i>	137
Lesson: Good Date/Bad Date	139
Lesson: Create a Date	141
<i>Worksheet: Creating Great Dates</i>	143
<i>Handout: Tips for Making Good Dates Great</i>	144
<i>Handout: Creative Dating Ideas</i>	145
Lesson: What Love Looks Like	147
Lesson: Love vs. Infatuation	149
<i>Worksheet: Love vs. Infatuation</i>	151
<i>Answer Key: Love vs. Infatuation</i>	152
<i>Handout: Appointment With Love</i>	153
Lesson: Foundations of a Healthy Relationship	155
<i>Worksheet: Strong Foundations</i>	157
<i>Handout: Assessing Foundations</i>	158
<i>Worksheet: Tests of Trust</i>	159
<i>Worksheet: Strong Foundations Interview, Part A</i>	161
<i>Worksheet: Strong Foundations Interview, Part B</i>	162
Lesson: Relationship Red Flags	163
<i>Worksheet: Relationship Red Flag Warning Inventory</i>	165
<i>Handout: Breakup Skills</i>	167

REAL Essentials **ADVANCE** Table of Contents

Lesson: Preventing Sexual Assault	169
<i>Handout: Preventing Sexual Assault</i>	171
<i>Handout: How Sex Is Misused</i>	174
Lesson: Communicating Consent	175
<i>Handout: Consent Defined</i>	177
Lesson: Bullying and Violence	179
<i>Handout: Preventing Bullying/Violence</i>	181
<i>Worksheet: Bullying Words and Actions Around Us</i>	182
<i>Worksheet: Words and Acts of Kindness Around Us</i>	183
<i>Handout: Save a Life Suicide Awareness</i>	184
UNIT FIVE: CULTURAL INFLUENCES	185
Lesson: The Media's Influence	187
<i>Worksheet: The Media's Influence on Me</i>	189
<i>Worksheet: Advertising and Sexuality</i>	190
Lesson: Internet and Texting	193
<i>Handout: RU Safe?</i>	195
Lesson: Not I	197
Lesson: The Influence of Drugs and Alcohol	199
<i>Handout: Drugs and Alcohol Research</i>	201
<i>Handout: The Benefits of Staying Drug, Alcohol and Tobacco Free</i>	204
Lesson: Obstacles to Success: Fact or Fiction?	205
<i>Worksheet: Drugs and Alcohol: Fact or Fiction</i>	207
<i>Answer Key: Drugs and Alcohol: Fact or Fiction</i>	208
Lesson: Pornography: Fact or Fiction?	209
<i>Worksheet: Pornography: Fact or Fiction?</i>	211
<i>Answer Key: Pornography: Fact or Fiction?</i>	212
Lesson: A Distorted View	213
Lesson: Peer Pressure: Pull Down	215
Lesson: Peer Pressure: Suck an Egg	217
Lesson: What Else Influences Me?	219
<i>Worksheet: Additional Influencers</i>	221
Lesson: Boundaries Are Your Friend	223
Lesson: Setting Boundaries Early	225
<i>Handout: Where Are Your Boundaries?</i>	227
UNIT SIX: PLANNING FOR YOUR FUTURE	229
Lesson: Future Orientation	231
Lesson: Life Plan	233
<i>Worksheet: My Life as I'd Like It to Be</i>	235
Lesson: Hopes and Dreams	237
Lesson: Success Sequencing	239
<i>Worksheet: My Life Recipe</i>	241
<i>Worksheet: Life Sequencing Timeline</i>	242
Lesson: Creating My Life Plan: Road to Success	243
<i>Worksheet: The Road Map to Success</i>	245
Lesson: Choices and Effects	249

REAL Essentials

ADVANCE

Table of Contents

Lesson: Making Healthy Decisions	251
<i>Worksheet: The Decision Making Model</i>	253
Lesson: Overcoming Potential Obstacles	255
<i>Worksheet: Overcoming Potential Obstacles</i>	257
Lesson: Overcoming Financial and Family Obstacles	259
Lesson: Rise Above Risk	261
<i>Handout: Skills for Rising Above Risk</i>	263
<i>Worksheet: Navigating High Risk Situations</i>	266
Lesson: Refusal Skills	267
<i>Worksheet: Role-Play Observation Cards</i>	269
<i>Worksheet: Refusal Skills</i>	271
<i>Handout: Drug & Alcohol Role Play Scenarios</i>	272
<i>Handout: Bullying and Violence Role Play Scenarios</i>	273
<i>Handout: Cheating, Stealing and Skipping School Role Play Scenarios</i>	274
UNIT SEVEN: COMMITTED LOVE & MARRIAGE	275
Lesson: The Measure of My Commitment	277
<i>Handout: Commitment Grows When</i>	279
Lesson: Cohabitation Defined	281
<i>Worksheet: Marriage vs. Cohabitation Quiz</i>	283
<i>Answer Key: Marriage vs. Cohabitation Quiz</i>	284
<i>Worksheet: Asking Why?</i>	285
<i>Sample Answers: Asking Why?</i>	286
Lesson: Finding the Love of My Life	287
<i>Handout: Opposites Attract But Similarities Hold You Together</i>	289
<i>Worksheet: Compatibility Checklist</i>	290
<i>Handout: 98 Questions to Answer Before You Marry</i>	292
<i>Worksheet: Marriage Quiz: True or False</i>	295
<i>Answer Key: Marriage Quiz True or False</i>	296
<i>Handout: The Eight Essential Characteristics of a Healthy Marriage</i>	299
Lesson: Dreaming of the Future	301
<i>Worksheet: The Wedding of My Dreams</i>	303
<i>Worksheet: A Couple's Wedding Budget</i>	304
<i>Worksheet: A Couple's Living Budget</i>	305
Lesson: Marriage: It's Good Stuff	307
<i>Handout: The Good Stuff of Marriage</i>	309
<i>Handout: Why Marriage Matters</i>	310
Lesson: Mock Wedding Ceremony	311
<i>Worksheet: Wedding Traditions</i>	313
UNIT EIGHT: LEADERSHIP AND JOB READINESS	315
Lesson: What is a Leader?	317
<i>Handout: What is a Leader?</i>	319
Lesson: Employment Readiness	321
<i>Handout: Employment Readiness Do you want a Job or a Career?</i>	323
<i>Handout: Interviewing Skills</i>	324
<i>Handout: How to Keep a Job</i>	327

REAL Essentials

ADVANCE

Table of Contents

Lesson: Concentric Circles Interview Practice	329
<i>Concentric Circles Interview Practice Statements</i>	331
UNIT NINE: SEXUAL HEALTH	333
Lesson: The Meaning of Sex	335
<i>Worksheet: My Thoughts on the Meaning of Sex</i>	337
Lesson: Strong Bonds	339
<i>Handout: Oxytocin and Implications for Bonding</i>	341
Lesson: Differences in Reproductive Anatomy	343
<i>Worksheet: Male Reproductive Anatomy</i>	345
<i>Worksheet: Female Reproductive Anatomy</i>	346
<i>Answer Key: Male Reproductive Anatomy</i>	347
<i>Answer Key: Female Reproductive Anatomy</i>	348
<i>Worksheet: Reproductive Vocabulary Challenge</i>	349
<i>Answer Key: Reproductive Vocabulary Challenge</i>	350
Lesson: What Does Your Picture Look Like?	351
<i>Worksheet Fresh Perspective</i>	353
Lesson: Icing the Cake	355
Lesson: Steps of Physical Intimacy	357
<i>Worksheet: Steps of Physical Intimacy</i>	359
<i>Answer Key: Steps of Physical Intimacy</i>	360
Lesson: The Crowded Bed	361
<i>The Crowded Bed Story</i>	363
Lesson: Swapping Juices	365
Lesson: Something Fishy	367
Lesson: Freedoms of Saying Yes to Healthy Relationships	369
<i>Worksheet: Freedoms You Enjoy When You Say Yes to Healthy Relationships</i>	371
Lesson: Sexually Transmitted Diseases/Infections	373
Lesson: HIV/AIDS Fact or Fiction?	375
<i>Handout: HIV/AIDS Activity</i>	377
Lesson: A Positive Test	379
<i>Worksheet: A Positive Test</i>	381
Lesson: Paper Snowball Fight	383
<i>Handout: Creative Dating Ideas</i>	385
<i>Handout: Ways to Be Intimate Without Having Sex</i>	386
Lesson: My Commitments	387
<i>Worksheet: My Commitments</i>	389
UNIT TEN: CONCLUDING ACTIVITIES	391
Lesson: Web of Support Closing Activity	393
<i>REAL Essentials Pre-Survey</i>	395
<i>REAL Essentials Post-Survey</i>	397
<i>REAL Essentials Mini-Evaluation</i>	399
<i>Share Your Story of Impact</i>	401
<i>Teacher/Speaker Evaluation</i>	403
Optional Assignment: Letters	405
Optional Assignment: Term Paper	407
TOPICAL INDEX	409

My Whole Self

OBJECTIVES

- To introduce 6 types of intimacy (Physical, Intellectual, Emotional, Social, Spiritual, & Financial).
- To educate students about how each type affects whole person health.



MATERIALS

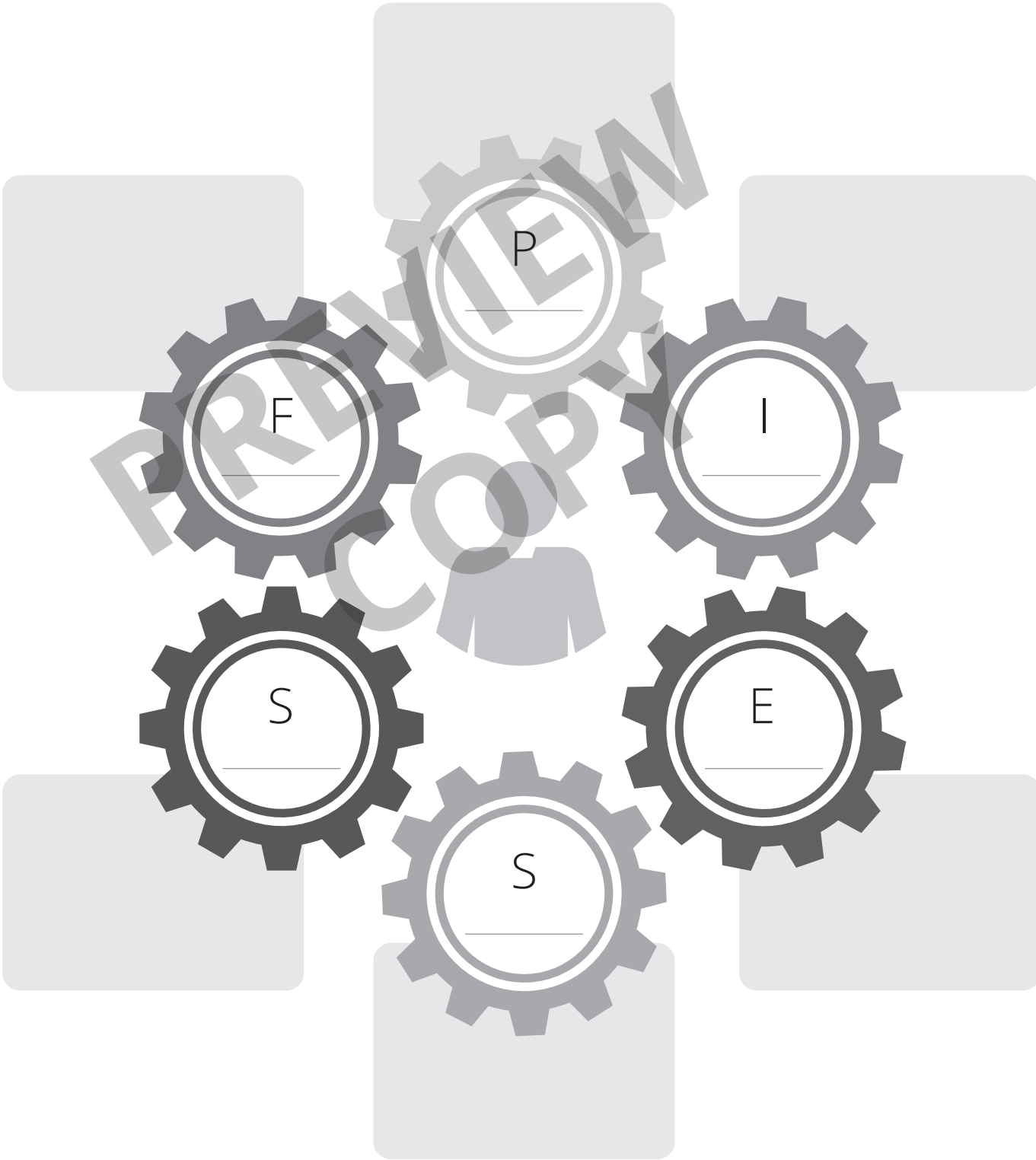
- 6 buckets marked with one letter (P, I, E, S, S, or F)
- Small sheets of paper, each marked with one letter (P, I, E, S, S, or F)
- Worksheet: *My Whole Self* on page 21
- Handout: *Categories of Intimacy* on page 22

STEP BY STEP

1. Distribute the *My Whole Self* worksheet to each student.
2. Tell the students, "There are multiple ways to grow intimacy in each of these categories. It is important to know that intimacy is not just physical."
3. Share each category of intimacy, and have students write each on the corresponding line.
4. Divide the class into groups, and distribute a small stack of the sheets of paper, each marked with either a P, I, E, S, S, or F.
5. Ask students to brainstorm ways to grow intimacy for each category, and tell them to write their examples on the small pieces of paper. (Example: "F" paper: Work to raise money for a charity together).
6. Tell students to crumble their example into a ball, and toss it into the bucket that matches.
7. After each bucket has a few examples, unwrap a few of the papers, and read them for the class.
8. Utilize the *Categories of Intimacy* handout for further ideas.
9. Have students record examples in the boxes of the *My Whole Self* worksheet.

My Whole Self

WORKSHEET



Categories of Intimacy

HANDOUT



Physical Intimacy

The way you engage with physical touch. Examples include: hugging, kissing, snuggling, back rubs, holding hands, and sexual contact.



Intellectual Intimacy

Connecting with how another person thinks and what they are interested in learning. Examples include: taking a class together, reading similar books, exploring current events, or challenging one another to learn something new.



Emotional Intimacy

Knowing one another's emotional wiring and providing the freedom to express emotions, both positively and negatively. Examples include: understanding what makes your partner laugh or cry, permission to express doubts and fears, and a general understanding of one another's personalities and tendencies.



Social Intimacy

How you connect with the people around you, and the things you and your partner engage in for fun. Examples include: sharing a hobby, seeking similar qualities in friendships with others, and how you view, define, and value family.



Spiritual Intimacy

The way you view the world and express the spiritual nature of your hearts. Examples include: attending religious services together, meditating or praying together, sharing similar world views and thoughts about a higher power.



Financial Intimacy

How you approach, view, save, spend, and give money. Examples include: agreeing on budget parameters, discussing life goals for earning an income, your spending habits, and how you view debt.

REAL Essentials

ADVANCE

Topical Index

Bullying and Violence

Preventing bullying and violence begins by acknowledging the core traumas that trigger the hurt and equipping individuals with healthy coping and connection strategies.

<i>Personality Styles</i>	27
<i>How Do You Feel Loved</i>	45
<i>Communicating Effectively/ Resolving Conflict</i>	113
<i>Character Spotlight</i>	127
<i>Relationship Red Flags</i>	163
<i>Preventing Sexual Assault</i>	169
<i>Communicating Consent</i>	175
<i>Bullying and Violence</i>	179

Dating Decisions

*See Unit Four in Table of Contents

Drug and Alcohol Abuse

Using substances alters one's ability to make intentional and healthy decisions. Often, this behavior has adverse effects on relationships. It is important to provide tools and information for navigating relationship with a sound mind.

<i>Adolescent Brain</i>	35
<i>Not I</i>	197
<i>The Influence of Drugs and Alcohol</i>	199
<i>Obstacles to Success: Fact or Fiction</i>	205
<i>Peer Pressure Suck an Egg</i>	217
<i>Rise Above Risk</i>	261
<i>Refusal Skills</i>	267
<i>What Does Your Picture Look Like?</i>	351

Navigating Conflict

Teaching skills for preventing, managing, and healing from conflict is important for healthy relationship development.

<i>Personality Styles</i>	27
<i>Effective Communication and Barriers to It</i>	99
<i>Communicating Effectively/ Resolving Conflict</i>	113
<i>Overcoming Potential Obstacles</i>	255

Peer Pressure and Boundary Setting

Teaching students to avoid negative influences is important. It is also necessary to train individuals with skills for being a positive, rather than a negative, influence in their own peer groups.

<i>Peer Pressure Pull Down</i>	215
<i>Peer Pressure Suck an Egg</i>	217
<i>A Distorted View</i>	213
<i>Rise Above Risk</i>	261
<i>Boundaries Are Your Friend</i>	223
<i>Setting Boundaries Early</i>	225
<i>Refusal Skills</i>	267
<i>Communicating Consent</i>	175
<i>What Else Influences Me</i>	219
<i>Hopes and Dreams</i>	237

REAL Essentials

ADVANCE

Topical Index

Self-Care

Providing resources for individuals to manage stressful physical, cognitive, and social changes, with healthy and positive coping strategies is a vital component in achieving optimal health.

<i>My Whole Self</i>	19
<i>Basic Needs of The Heart</i>	39
<i>Communicating Feelings</i>	109
<i>Success Sequencing</i>	233
<i>Life Plan</i>	233
<i>Creating My Life Plan: Road to Success</i>	243

Sexual Health

*See Unit Nine in Table of Contents

Social Media Literacy

Teaching individuals to be savvy and smart with their online presence is a key component of authentic and safe connection.

<i>Concentric Circles</i>	9
<i>The Media's Influence</i>	187
<i>Internet and Texting</i>	193
<i>What Else Influences Me</i>	219
<i>Making Healthy Decisions</i>	251
<i>Setting Boundaries Early</i>	225

Suicide Prevention

Providing skills for positive self-esteem, emotional safety, and relational connection can help prevent suicidal behavior.

<i>Basic Needs of the Heart</i>	39
<i>Personal Strengths</i>	23
<i>Are You Enough</i>	53
<i>Emotional Needs</i>	49
<i>Discovering your Passion and Purpose</i>	71
<i>Healthy People Ask</i>	103
<i>Feelings Vs. Behaviors Train</i>	107
<i>Bullying and Violence</i>	179

Understanding Others' Perspectives

Teaching skills for understanding differing perspectives and opinions is a helpful way to lessen conflict and cultivate community.

<i>Personality Styles</i>	27
<i>How Do You Feel Loved</i>	45
<i>Generational Differences</i>	77
<i>Differences in Birth Order</i>	81
<i>Learning Style Differences</i>	85
<i>Physical Differences</i>	89
<i>Choices and Effects</i>	249
<i>Future Orientation</i>	231