

REAL Essentials Advance Alignment to SRAE A-F Topics

SRAE Topic	REAL Essentials Advance Lessons	Alignment Outcomes
A. The holistic individual and societal benefits associated with personal responsibility, self-regulation, goal setting, healthy decision-making, and a focus on the future.	• My Whole Self • The Adolescent Brain • Choices and Effects • Making Healthy Decisions • Refusal Skills • Creating My Life Plan • Future Orientation	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.
B. The advantage of refraining from non-marital sexual activity in order to improve the future prospects and physical and emotional health of youth.	• The Meaning of Sex • Steps of Physical Intimacy • The Crowded Bed • Freedoms of Saying “Yes” to Healthy Relationships	Students learn the protective factors and positive benefits that commitment and marriage provide for meaningful, safe, and connected expression of sexual behaviors.
C. The increased likelihood of avoiding poverty when youth attain self-sufficiency and emotional maturity before engaging in sexual activity.	• Order Up! • A Positive Test • Employment Readiness • Overcoming Potential Obstacles	Students learn the financial freedoms and wealth accumulation strategies that coincide with delaying sexual activity.
D. The foundational components of healthy relationships and their impact on the formation of healthy marriages and safe and stable families.	• The Measure of My Commitment • Finding the Love of My Life • The Foundations of a Healthy Relationship	Students learn the physical and mental health benefits on individuals and on society when families are built with strong foundational relationship skills.

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E. How other youth risk behaviors, such as drug and alcohol usage, increase the risk for teen sex.	• 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.	• 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.