



The Center for
Relationship
Education

myrelationshipcenter.org



Target Population Outline: 10 to 14 year olds

REAL Essentials **STARTING POINT**

| Unit | Lesson Name |
|---|--|
| UNIT 1: LEARNING ABOUT YOURSELF AND OTHERS | Basic Needs of the Heart |
| | Are You Enough? |
| | Whole Person Health |
| | Personality Styles |
| UNIT 2: HEALTHY FRIENDSHIPS | Friendships and Boundary Setting |
| | Toxic Friendships |
| | How Do You Feel Loved? |
| | Healthy Relationships |
| UNIT 3: CULTURAL INFLUENCES | Internet and Texting |
| | “Shark Attack” Internet Safety |
| | The Media’s Influence |
| | Paper Bag Hot Potato |
| UNIT 4: COMMUNICATION AND DECISION MAKING | Something to Talk About |
| | Communicating Effectively |
| | Feelings vs. Behaviors Train |
| | Boundaries Are Your Friend |
| UNIT 5: FUTURE GOALS | Dreaming of Your Future by Reaching Higher |
| | Preparing for Life Long Relationships |
| | Future Orientation |
| UNIT 7: CONCLUDING ACTIVITIES | Web of Support |