

Alignment of Subject Areas Outlined in SRAE FOA

Subject Area	REAL Essentials Curricula Alignment	Aligned Activity
Exclusive sexual risk avoidance approach utilized for optimal health	REAL Essentials is a relationship development skills acquisition curriculum for adolescents. The sexual health unit is exclusively a risk avoidance approach utilized to promote optimal health	Lesson: My Whole Self
Positive youth development	Building assets and resiliency utilizing Search Institute model of positive youth development	Lesson: Assessing Your Assets
Increasing protective factors	Connection to caring adult, increasing skills, self-efficacy, knowledge and intent towards optimal health. Many Lessons throughout curriculum	Many lessons throughout
Reducing risk factors	Connection to caring adults, skills to overcome obstacles, resisting peer pressure, building equity, making healthy decisions.	Many lessons throughout
Benefits associated with self-regulation	Self-regulation is “the ability to act in your long-term best interest, consistent with your deepest values. It is what allows us to feel one way but act another.	Lesson: Feelings vs Behavior Train
Success sequencing for poverty prevention	Graduate, get a job, marry and have children in that order to reduce likelihood of poverty.	Lesson: My Life Recipe

Subject Area

REAL Essentials Curricula Alignment

Aligned Activity

Healthy relationships	Essential Skills: Self-discovery, Safe dating strategies, effective communication including conflict resolution skills, boundary setting, compatibilities etc.	Lesson: Friendship, Dating, Love
Goal setting	Future orientation skills, life mapping, overcoming obstacles.	Lesson: Planning For Your Future
Resisting sexual coercion, dating violence, and other youth risk behaviors, such as underage drinking or illicit drug use, without normalizing teen sexual activity	Fact and myths about substance use, use of pornography, being awake and alert, relationship red flags, intentionality and purposes of dating and having impulse control.	Lesson: Cultural Influences