

REAL Essentials Advance Title V Scope & Sequence

Hour 1

Pre- Survey (REA-pre.com)

Norms and Expectations

Lesson: Ice Breaker

Worksheet: Get Acquainted Bingo

Hour 2

Lesson: My Whole Self

Worksheet: My Whole Self

Lesson: Are You Enough?

Worksheet: Are You Enough?

Hour 3

Lesson: Personality Styles

Worksheet: Personality Profile

Worksheet: Personality Profile Chart

Handout: Personality Characteristics

Hour 4

Lesson: Basic Needs of the Heart

Worksheet: Basic Needs of the Heart

Handout: Human Needs

Lesson: How Do You Feel Loved?

Worksheet: How Do You Feel Loved?

Lesson: Discovering your Passion and Purpose

Worksheet: 20 Questions to Discovering your Passion and Purpose

Hour 5

Lesson: Love vs. Infatuation

Worksheet: Love vs. Infatuation

Lesson: Relationship Red Flags

Worksheet: Relationship Red Flag Warning Inventory

Handout: Breakup Skills

Hour 6

Lesson: Communicating Feelings

Handout: Feeling Words

Lesson: Communicating Danger Signs

Worksheet: Communication Danger Signs

Worksheet: "Time Out"

Lesson: What's the Problem?

Handout: Who Has the Floor?

Worksheet: "Time Out"

Hour 7

Lesson: The Adolescent Brain

Worksheet: What I Learned Through Research

Lesson: Feelings vs. Behaviors Train

Lesson: Concentric Circles

Lesson: Foundations of a Healthy Relationship

Worksheet: Strong Foundations

Handout: Assessing Foundations

Worksheet: Test of Trust

Worksheet: Strong Foundations Interview, Part A

Worksheet: Strong Foundations Interview, Part B

Hour 8

Lesson: Good Date/Bad Date

Lesson: Create a Date

Worksheet: Creating Great Dates

Handout: Tips for Making Good Dates Great

Handout: Creative Date Ideas

Hour 9

Lesson: Finding the Love of My Life

Handout: Opposites Attract But Similarities Hold You Together

Worksheet: Compatibility Checklist

Handout: Thanks for Asking

Handout: The Eight Essential Characteristics of a Health Marriage

Lesson: Paper Snowball Fight

Handout: Creative Dating Ideas

Handout: Ways to Be Intimate Without Having Sex

Lesson: Something Fishy

Hour 10

Lesson: Boundaries Are Your Friend

Lesson: Setting Boundaries Early

Handout: Where are your Boundaries

Lesson: Making Healthy Decisions

Worksheet: The Decision Making Model

Lesson: Steps of Physical Intimacy

Worksheet: Steps of Physical Intimacy

Hour 11

Lesson: Communicating Consent

Handout: Consent Defined

Lesson: Asset Assessment

Worksheet: Assessing Your Assests (to be completed by students)

Handout: Assessing your Assests Letter

Worksheet: Assessing your Assets (Take home)

Handout: Ideas for Building Assests

Hour 12

Lesson: The Crowded Bed

Lessons: Success Sequencing

Worksheet: My Life Recipe

Worksheet: Life Sequencing Timeline

Lesson: Future Orientation

Lesson: Overcoming Potential Obstacles

Worksheet: Overcoming Potential Obstacles

Lesson: Marriage: It's the Good Stuff

Handout: The Good Stuff of Marriage

Handout: Why Marriage Matters

Hour 13

Lesson: Web of Support Closing Activity

Share your Story of Impact

Post- Survey (REA-post.com)