



REAL Essentials Respond: HMRE Essential Areas of Focus Alignment

REAL Essentials Respond meets all essential areas of focus for healthy marriage and relationship education (HMRE) and skills building. Below are options to consider as you build your program scope and sequence.

	Area of Focus	Lesson Title
REQUIRED	Communication Skills <i>Including expression, discussion, and negotiation skills</i>	<ul style="list-style-type: none"> • On The Job* • The Art of Conversation* • Basic Needs of the Heart • Human Needs • Feelings Contextualized*
	Conflict Resolution, Anger Management, and Problem-solving Skills.	<ul style="list-style-type: none"> • Personality Styles* • The Speaker/Listener Technique* • Paper Bag Hot Potato* • Time and Technology* • Quality of Character • Addressing Sexual Assault*
	Emotional Intimacy Skills, including Emotional Connectedness	<ul style="list-style-type: none"> • How Do you Feel Loved?* • Communicating Consent • Emotional Needs • Types of Intimacy* • Dating Foundations
	Knowledge of the Benefits of Marriage	<ul style="list-style-type: none"> • Exploring Cohabitation* • Tools for Discerning a Lasting Love*
OPTIONAL	The Effect of Past Experiences on Forming and Maintaining Relationships.	<ul style="list-style-type: none"> • On the Job • Introduction and Addressed in the Certification Training

*Suggested 12-hour content dosage