

SRAE: Concepts Alignment

Concept	REAL Essentials Activity
1. Self-Regulation	My Whole Self, Page 19 Personal Strengths, Page 23 The Adolescent Brain, Page 35 Emotional Needs, Page 49 A Distorted View, Page 213 Overcoming Peer Pressure, Page 215, 217 Setting Boundaries Early, Page 225
2. Success Sequencing for Poverty Prevention	Future Orientation, Page 231 Life Plan, Page 233 Hopes and Dreams, Page 237 Success Sequencing, Page 239 Road Map to Success, Page 245
3. Benefits of Avoiding Non-Marital Sex	Icing on the Cake, Page 355 Steps of Intimacy, Page 357 Freedoms of Saying Yes to Relationships, Page 369 My Commitments, Page 387 Marriage: It's Good Stuff, Page 307
4. Healthy Relationships	Throughout the curriculum Learning About Yourself and Others, Page 17 My Whole Self, Page 19 Basic Needs of the Heart, Page 39 How Do You Feel Loved? Page 45 Are you Enough? Page 53 Friendship, Dating and Love, Page 125 Foundations of a Healthy Relationship, Page 155

Concept

REAL Essentials Activity

5. Goal Setting

Future Orientation, Page 231
Life Plan, Page 233
Hopes and Dreams, Page 237
Success Sequencing, Page 239
Road Map to Success, Page 245
Overcoming Potential Obstacles, Page 255
Dreaming of My Future, Page 301

6. Resisting Sexual Coercion

Relationship Red Flags, Page 163
Preventing Sexual Assault, Page 169
Communicating Consent, Page 165
Bullying and Violence, Page 179

7. Dating Violence

Relationship Red Flags, Page 163
Preventing Sexual Assault, Page 169
Communicating Consent, Page 165
Bullying and Violence, Page 179
Setting Boundaries Early, Page 225

8. Other Youth Risk Behaviors:

Underage Drinking or Illicit Drug Use without Normalizing Teen Sexual Activity

Media's Influence, Page 187
Internet and Texting, Page 193
Not I, Page, 197
The Influence of Drugs and Alcohol, Page 199
Pornography Fact or Fiction, Page 209
What Else Influences Me? Page 219