



# REAL Essentials Teen Pregnancy Prevention Program Outline

Unit	Lesson Name
<b>Unit 1: Learning About Yourself and Others</b>	Basic Needs of the Heart
	Are You Enough?
	My Whole Self
	Personality Styles
	The Adolescent Brain
	How Do You Feel Loved?
<b>Unit 3: Effective Communication</b>	Communicating Effectively/ Resolving Conflict
<b>Unit 4: Friendship, Dating &amp; Love</b>	Love vs. Infatuation
	Relationship Red Flags
	Friendship, Dating and Love
	Foundations of a Healthy Relationship
	Communicating Consent
	The Media's Influence
<b>Unit 5: Cultural Influences</b>	Setting Boundaries Early
	Success Sequencing
<b>Unit 6: Planning for Your Future</b>	Choices and Effects
	Making Healthy Decisions
	<b>Unit 9: Sexual Health</b>
Steps of Physical Intimacy	
Swapping Juices	
Sexually Transmitted Diseases/Infections	
A Positive Test	
Paper Snowball Fight	
<b>Unit 10: Concluding Activities</b>	My Commitments
	Web of Support