



REAL Essentials Advance: SRAE Curriculum Requirements Alignment

REAL Essentials Advance meets all SRAE Curriculum Requirements. Below are options to consider as you build your program scope and sequence.

SRAE Curriculum Requirements	REAL Essentials Advance Lessons	Rationale
Teach the benefits of personal responsibility, self-regulation, setting goals, healthy decision making, and planning for the future.	Unit One: Learning About Yourself and Others • The Adolescent Brain • Personality Styles • Discovering Your Passion and Purpose Unit Three: Effective Communication • Feelings vs. Behaviors Train • Communication Danger Signs Unit Six: Planning for Your Future • Future Orientation • Creating My Life Plan • Road to Success • Making Healthy Decisions • Overcoming Potential Obstacles	REAL Essentials Advance strongly aligns with this requirement by helping students evaluate consequences, manage emotions and impulses, establish goals, plan for the future, and make choices that support educational, relational, and economic success.
Teach how to resist and avoid sexual coercion, dating violence, and discourage risk behaviors such as underage drinking or illicit drug use, recognizing how they increase the risk for teen sex.	Unit Four: Friendship, Dating and Love • Relationship Red Flags • Addressing Sexual Assault • Communicating Consent Unit Five: Cultural Influences • The Influence of Drugs and Alcohol • Drugs and Alcohol: Fact or Fiction? Unit Six: Planning for Your Future • Rise Above Risk; Refusal Skills	The curriculum helps students identify coercive, controlling, and violent relationship behaviors; establish and communicate boundaries; seek help; and practice refusal skills. It also teaches how alcohol and drugs impair judgment and increase vulnerability to unsafe, unwanted, or unplanned sexual activity.
Encourage making choices that avoid sexual activity outside of marriage.	Unit Five: Cultural Influences • Boundaries Are Your Friend; Setting Boundaries Early Unit Seven: Committed Love & Marriage • The Measure of My Commitment • Marriage: It's Good Stuff Unit Nine: Sexual Health • The Meaning of Sex • Icing the Cake • Steps of Physical Intimacy • Paper Snowball Fight • My Commitments	REAL Essentials Advance places sexual decision-making within the context of healthy relationships, commitment, marriage, future goals, and whole-person health. Students establish boundaries, consider the consequences of sexual activity, identify nonsexual ways to develop intimacy, and make personal commitments consistent with sexual risk avoidance.

SRAE Curriculum Requirements

REAL Essentials Advance Lessons

Rationale

Be medically accurate and complete and age-appropriate.

The topics, messages, and teaching methods in REAL Essentials is consistent with the developmental and social maturity of the program participants. REAL Essentials frameworks align subject matter for appropriate brain development milestones, cognitive capacity, and subject matter relevance for each age and stage presented in its outlined learning objectives.

Submission for FYSB medical accuracy review and correcting medically inaccurate or age-inappropriate information.

For decades, REAL Essentials has consistently complied with and participated in all applicable FYSB medical-accuracy reviews and remains in good standing. If FYSB identifies any content requiring revision, clarification, or updating, CRE will respond promptly, make the necessary corrections, and communicate all required changes to organizations and educators using the curriculum. Updated materials, implementation guidance, and facilitator support will be provided as needed to ensure continued compliance throughout the project period.

Be based on adolescent learning and developmental theories for the age group receiving the education and be culturally appropriate, recognizing the experiences of youth from diverse communities, backgrounds, and experiences.

The REAL Essentials curricula suite was developed in alignment with studies and data on effective communication strategies which includes conflict resolution and best practices in the field of human development and thriving. The Center for Relationship Education collaborates with the University of Denver (DU) Department of Psychology, and the Center for Marriage and Family Studies. DU research contributors include: Scott Stanley, PhD., Howard Markman, PhD and Galena Rhoades, PhD. Other research and best practices in the field emanate from the Search Institute, the Institute for Family Studies, the Center for Non-Violent Communication, the Harvard Human Flourishing Project, and many subject matter experts in the field of psychology and health. The REAL Essentials suite of curricula includes best practices regarding adult pedagogy which is the foundation for topics and skills to be learned, operationalized and practiced.

Provide formal training for program leaders and educators on the program's approach, and factors that affect youth's sexual risk avoidance.

REAL Essentials requires SRAE educators to complete 16 hours of in-person certification training before implementing the curriculum. The in-person format promotes high-quality learning, active engagement, guided practice, and direct feedback from experienced trainers. Training prepares educators to understand the REAL Essentials approach and deliver lessons with fidelity. Following certification, educators receive ongoing support from through access to curriculum experts, implementation guidance, technical assistance, and updated resources as needed.

Connect program participants to other services, local community partners, and agencies that support the health, safety, and well-being of program participants.

REAL Essentials Advance teaches help-seeking, safety planning, and identification of trusted adults and supportive resources. The applicant must supplement these lessons with formal local referral relationships and procedures.

SRAE Curriculum Requirements

Exclusively provide education on sexual risk avoidance, defined by statute as voluntarily refraining from nonmarital sexual activity.

REAL Essentials Advance Lessons

Unit Four: Friendship, Dating and Love

- Foundations of a Healthy Relationship; Relationship Red Flags

Unit Five: Cultural Influences

- Boundaries Are Your Friend
- Setting Boundaries Early

Unit Six: Planning for Your Future

- Rise Above Risk
- Refusal Skills

Unit Seven: Committed Love & Marriage

- The Measure of My Commitment
- Marriage: It's Good Stuff

Unit Nine: Sexual Health

- The Meaning of Sex
- Icing the Cake
- Steps of Physical Intimacy
- Something Fishy
- Freedoms of Saying Yes to Healthy Relationships
- Paper Snowball Fight
- My Commitments

Rationale

REAL Essentials Advance can support a sexual-risk-avoidance program with a scope and sequence that maintains an unambiguous emphasis on voluntarily refraining from nonmarital sexual activity. Lessons address boundaries, refusal skills, healthy relationships, marriage, sexual-health risks, nonsexual intimacy, and personal commitments.