



REAL Essentials Life: Curriculum Critical Components Alignment

REAL Essentials Life meets all of the required critical curriculum components. Below are options to consider as you build your program scope and sequence.

	Critical Components	Lesson Title
REQUIRED	Communication Skills <i>Including expression, discussion, and negotiation skills</i>	<ul style="list-style-type: none"> • What Do You Expect?* • The Art of Conversation* • Basic Needs of the Heart • Human Needs • Feelings Contextualized*
	Conflict Resolution, Conflict Management, and Problem-Solving Skills	<ul style="list-style-type: none"> • Healthy People Ask* • Setting Healthy Boundaries* • Effective Communication & Barriers to it
	Knowledge of the Benefits of Marriage	<ul style="list-style-type: none"> • Personality Styles* • Communication Danger Signs* • Time Out* • The Speaker/Listener Technique* • Problem Solved*
	Stress and Anger Management	<ul style="list-style-type: none"> • Stages of Marriage* • Dating Foundations • Dating Decisions • Character Spotlight*
OPTIONAL	Affection and Intimacy	<ul style="list-style-type: none"> • Choosing to Forgive* • Physical Differences* • Paper Bag Hot Potato* • The Decision Making Model
	Expression and Discussion of Negotiation Skills	<ul style="list-style-type: none"> • The Measure of My Commitment* • Exploring Cohabitation • Tools for Discerning a Lasting Love*
	Financial Literacy <i>budgeting, financial planning, and management</i>	<ul style="list-style-type: none"> • Time and Technology* • Are You Enough?* • Strategies for Managing Stress Effectively*
AS APPLICABLE	Parenting Skills	<ul style="list-style-type: none"> • Addressing Sexual Assault* • Love vs. Infatuation • Relationship Red Flags • My Legacy* • A New Direction
	Trauma and its Effects on Forming Healthy Relationships	<ul style="list-style-type: none"> • Getting Smart About Money • Introduction and Addressed in the Certification Training

*Suggested 12-hour content dosage