



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"> • The Art of Conversation* • Basic Needs of the Heart* • Discovering Your Passion and Purpose • Communicating Feelings* |
| | Conflict Resolution, Conflict Management, and Problem-Solving Skills | <ul style="list-style-type: none"> • Effective Communication & Barriers to it* • Healthy People Ask* • Setting Healthy Boundaries* |
| | Knowledge of the Benefits of Marriage | <ul style="list-style-type: none"> • Personality Styles* • Communication Danger Signs* • Speaker / Listener Technique* • What Do You Expect?* • Choices and Effects* |
| | Stress and Anger Management | <ul style="list-style-type: none"> • Making Healthy Decisions* • Time and Technology • Character Spotlight • Future Orientation* |
| OPTIONAL | Affection and Intimacy | <ul style="list-style-type: none"> • What Love Looks Like • The Measure of My Commitment* • Cohabitation Defined* • Finding the Love of My Life* |
| | Expression and Discussion of Negotiation Skills | <ul style="list-style-type: none"> • Personal Strengths* • Human Needs* • Emotional Needs • Are You Enough?* • Strategies for Managing Stress Effectively* |
| | Financial Literacy <i>budgeting, financial planning, and management</i> | <ul style="list-style-type: none"> • My Whole Self* • How Do You Feel Loved?* • Dating Foundations • Dating Decisions* • Steps of Physical Intimacy • Relationship Red Flags* • The Pornography Effect • Preventing Sexual Assault* • Physical Differences • Love vs. Infatuation |
| AS APPLICABLE | Parenting Skills | <ul style="list-style-type: none"> • Breakup Skills and Strategies |
| | 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