



# REAL Essentials Motherhood: Curriculum Critical Components Alignment

REAL Essentials Motherhood 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	<b>Communication Skills</b> <i>Including expression, discussion, and negotiation skills</i>	<ul style="list-style-type: none"> <li>Emotional Needs*</li> <li>Basic Needs of the Heart*</li> <li>Personal Strengths</li> <li>Communicating Effectively*</li> </ul>
	<b>Conflict Resolution, Conflict Management, and Problem-Solving Skills</b>	<ul style="list-style-type: none"> <li>Communicating Feelings*</li> <li>Easier Said Than Done*</li> <li>Life Mapping Plan</li> </ul>
	<b>Knowledge of the Benefits of Marriage</b>	<ul style="list-style-type: none"> <li>In Their Shoes</li> <li>Personality Styles*</li> <li>Making Healthy Decisions*</li> </ul>
	<b>Stress and Anger Management</b>	<ul style="list-style-type: none"> <li>Common Ground*</li> <li>The Measure of My Commitment*</li> </ul>
OPTIONAL	<b>Affection and Intimacy</b>	<ul style="list-style-type: none"> <li>Are you Enough?*</li> <li>Communication Danger Signs*</li> </ul>
	<b>Expression and Discussion of Negotiation Skills</b>	<ul style="list-style-type: none"> <li>Relationship Red Flags*</li> <li>Breakup Skills and Strategies</li> <li>Dating Decisions*</li> </ul>
AS APPLICABLE	<b>Financial Literacy</b> <i>budgeting, financial planning, and management</i>	<ul style="list-style-type: none"> <li>Getting Smart About Money*</li> </ul>
	<b>Parenting Skills</b>	<ul style="list-style-type: none"> <li>Human Needs</li> <li>Asset Assessment*</li> <li>Your Adolescent's Brain</li> <li>Tools for "The Talk"</li> </ul>
	<b>Trauma and its Effects on Forming Healthy Relationships</b>	<ul style="list-style-type: none"> <li>Success Sequencing*</li> <li>Every Lesson has a Connect At Home application</li> </ul>
	<b>Trauma and its Effects on Forming Healthy Relationships</b>	<ul style="list-style-type: none"> <li>Introduction and Addressed in the Certification Training</li> </ul>

\*Suggested 12-hour content dosage