

REAL Essentials Alignment for Age & Cultural Appropriateness and Trauma-Informed Care

Age Appropriate

ACF Intention:

Projects must provide age-appropriate information and activities. Age-appropriate means suitable (in terms of topics, messages, and teaching methods) to the developmental and social maturity of the particular age or age group of children or adolescents, based on developing cognitive, emotional, and behavioral capacity typical for the age or age group.

How REAL Essentials supports Age-Appropriate content:

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.

Culturally Appropriate

ACF Intention:

Projects must use culturally appropriate interventions that recognize the experiences of youth from diverse communities, backgrounds, and experiences.

How REAL Essentials adheres to Cultural Appropriateness:

Lesson content throughout REAL Essentials Curricula is written to reach people from all walks of life. That said, REAL Essentials certified facilitators are taught to stay in the human space, recognizing that all humans deserve to learn about healthy relationships skills, and no group should receive prioritization based on race, color, or national origin of youth served with this funding.

Trauma- Informed Care

ACF Intention:

Programs should consider the trauma and mental health needs of young people who have experienced physical or sexual maltreatment, abuse, or violence.

How REAL Essentials ensures a Trauma Informed Care approach:

REAL Essentials is implemented in a Trauma Informed Approach and responds to those who have experienced or may be at risk for experiencing trauma. The REAL Essentials Trauma Informed Approach includes: 1.) Realizing the widespread impact of trauma and potential paths for recovery. 2.) Recognizing the signs and symptoms of trauma in youth, families, staff, and others. 3.) Responding by fully integrating knowledge about trauma into policies, procedures, and practices. 4.) Seeking to actively resist re-traumatization. All components of the organization incorporates a thorough understanding of the prevalence and impact of trauma, the role that trauma plays, and the complex and varied paths in which people recover and heal from trauma.