



REAL Essentials Life: HMRE Essential Areas of Focus Alignment

REAL Essentials Life meets all essential areas of focus for healthy marriage and relationship education (HMRE) and skills building. Below are options to consider as you build your program scope and sequence.

Area of Focus	Lesson Title
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* • Effective Communication & Barriers to it* • Healthy People Ask* • Setting Healthy Boundaries*
Conflict Resolution, Anger Management, and Problem-solving Skills	<ul style="list-style-type: none"> • Personality Styles* • Communication Danger Signs* • Speaker / Listener Technique* • What Do You Expect?* • Choices and Effects* • Making Healthy Decisions* • Time and Technology • Character Spotlight • Future Orientation* • Personal Strengths* • Human Needs* • Emotional Needs • Are You Enough?* • Strategies for Managing Stress Effectively*
Emotional Intimacy Skills, including Emotional Connectedness	<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
Knowledge of the Benefits of Marriage	<ul style="list-style-type: none"> • What Love Looks Like • The Measure of My Commitment* • Cohabitation Defined* • Finding the Love of My Life*

*Suggested 12-hour content dosage

REQUIRED