

# REAL Essentials Starting Point\* Alignment to SRAE A-F Topics

| SRAE Topic   | REAL Essentials Starting Point Lessons  | Alignment Outcomes   |
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| <p><b>A. The holistic individual and societal benefits associated with personal responsibility, self-regulation, goal setting, healthy decision-making, and a focus on the future.</b></p> | <ul style="list-style-type: none"> <li>• Whole Person Health</li> <li>• Paper Bag Hot Potato</li> <li>• Decision Making and Goal Setting</li> <li>• Future Orientation</li> <li>• Boundaries Are Your Friend</li> <li>• Making a Vision Board</li> </ul>  | <p>Students learn to orient their decision-making process toward the future, recognize the positive health benefits of self-regulating against high-risk behaviors, and develop intrinsic motivation to achieve success.</p> |
| <p><b>B. The advantage of refraining from non-marital sexual activity in order to improve the future prospects and physical and emotional health of youth.</b></p>                         | <ul style="list-style-type: none"> <li>• The Meaning of Sex*</li> <li>• Steps of Physical Intimacy*</li> <li>• The Crowded Bed*</li> </ul> <p>* Lessons requiring parental consent and age-appropriate content adaptations. Content derives from the Sexual Health Unit in REAL Essentials Advance.</p> | <p>Students learn the protective factors and positive benefits that commitment and marriage provide for meaningful, safe, and connected expression of sexual behaviors.</p>  |
| <p><b>C. The increased likelihood of avoiding poverty when youth attain self-sufficiency and emotional maturity before engaging in sexual activity.</b></p>                                | <ul style="list-style-type: none"> <li>• Dreams and Goals Kite</li> <li>• Kite Flight Busters</li> <li>• Let's Get Cookin'</li> </ul>   | <p>Students learn the financial freedoms and wealth accumulation strategies that coincide with delaying sexual activity.</p>   |
| <p><b>D. The foundational components of healthy relationships and their impact on the formation of healthy marriages and safe and stable families.</b></p>                                 | <ul style="list-style-type: none"> <li>• Healthy Relationships</li> <li>• How Do You Feel Loved?</li> <li>• Communication with Family and Friends</li> </ul>  | <p>Students learn the physical and mental health benefits on individuals and on society when families are built with strong foundational relationship skills.</p>  |

\*Please note that you will need to supplement your program with lessons from REAL Essentials Advance to meet topic B. This option requires ownership of both REAL Essentials Starting Point and REAL Essentials Advance.

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| <b>E. How other youth risk behaviors, such as drug and alcohol usage, increase the risk for teen sex.</b>  | <ul style="list-style-type: none"> <li>• Drugs and Alcohol: Fact or Fiction?</li> <li>• The Media’s Influence</li> <li>• “Shark Attack” Internet Safety</li> </ul> | <p>Students learn the correlation between substance use and high-risk adolescent behaviors.</p>  |
| <b>F. How to resist and avoid, and receive help regarding, sexual coercion and dating violence, recognizing that even with consent teen sex remains a youth risk behavior.</b> | <ul style="list-style-type: none"> <li>• Toxic Friendships</li> <li>• Words Have Power</li> <li>• Friendships and Boundary Setting</li> </ul>                      | <p>Students learn to speak out against dating violence and develop capacity for avoiding and/or exiting toxic and unhealthy relationships.</p> |