

# REAL Essentials is Medically Accurate, Culturally and Age Appropriate and More

## Subject Area

## REAL Essentials Curricula Alignment

### Medically accurate

which means referenced in peer-reviewed publications by educational, scientific, governmental, or health organizations.

All material in the REAL Essentials is medically accurate as evidenced by a medical accuracy review from FYSB and attestation letters from FYSB and the Medical Institute.

Program materials, such as texts, supplements, workbooks, videos, flyers, handouts, posters, and flash cards should be reviewed in comparison to current medical statements of fact in accordance with the most up to date, scientifically supported information.

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### Culturally appropriate

recognizing the experiences of youth from diverse communities and backgrounds and based on adolescent learning and developmental theories for the age group receiving the education.

REAL Essentials is culturally appropriate honoring the experiences of youth from diverse communities and backgrounds and based on adolescent learning and developmental theories for the age group receiving the education.

The proposed project should demonstrate cultural competence in providing socially, linguistically, and culturally appropriate interventions with the target population.

REAL Essentials is culturally sensitive and competent. Each activity was developed to captivate the heart of individuals as a member of the human family with universal needs and desires. REAL Essentials is culturally competent in providing socially, linguistically, and culturally appropriate interventions with the target population group as well as matching the trained facilitator with the target group served.

### Age-appropriate

information and activities. The topics, messages, and teaching methods implemented by the project must be consistent with the developmental and social maturity of the program participants and emphasize sexual delay until marriage as normative behavior.

The topics, messages, and teaching methods in REAL Essentials is consistent with the developmental and social maturity of the program participants and emphasize sexual delay until marriage as normative and optimal health behavior. Increasing the pro-social value of marriage is a goal of the curriculum

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**Age appropriateness:** The ability to cognitively understand a concept is not evidence that the concept is age appropriate

CRE assures that topics and themes are appropriate for the age group and other specific characteristics of the target audience. All instruction is appropriate for the general developmental and social maturity of

the targeted age group.

### Trauma Informed Approach

refers to how a program, agency, organization, or community thinks about and responds to those who have experienced or may be at risk for experiencing trauma. Traumatic events come in many forms, from unpreventable natural disasters, motor vehicle crashes, and loss of loved ones, to more preventable child maltreatment and neglect or community violence that affect not only the individual, but also the family, community, and general society.

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.

### Inclusivity should provide a

clear strategy with the support and resources necessary to engage all youth to drive a responsive and transformative project that best meets the needs of the population, and reduces barriers that disproportionately limit the participation of youth who are typically not adequately engaged (e.g., low-income, historically underserved, disconnected, and opportunity youth).

CRE is working toward the goal that every teen has the skills acquisition necessary to flourish and be healthy no matter where they come from, what ethnicity they are, their economic status, their race, religion, beliefs, orientations, family structure, current behaviors, education or physical ability being inclusive to all youth.

### Voluntary:

Program should be voluntary for all youth

All CRE programming will be voluntary for all youth.