



The
Center for
Relationship
Education

myrelationshipcenter.org



Target Population Outline: 15 to 19 year olds

REAL Essentials **ADVANCE**

Unit	Lesson Name
UNIT 1: LEARNING ABOUT YOURSELF AND OTHERS	Basic Needs of the Heart Are You Enough? My Whole Self Personality Styles The Adolescent Brain How Do You Feel Loved?
UNIT 3: EFFECTIVE COMMUNICATION	Communicating Effectively/ Resolving Conflict
UNIT 4: FRIENDSHIP, DATING & LOVE	Love vs. Infatuation Relationship Red Flags Friendship, Dating and Love Foundations of a Healthy Relationship Communicating Consent
UNIT 5: CULTURAL INFLUENCES	The Media's Influence Setting Boundaries Early
UNIT 6: PLANNING FOR YOUR FUTURE	Success Sequencing Choices and Effects Making Healthy Decisions
UNIT 9: SEXUAL HEALTH	Crowded Bed Steps of Physical Intimacy Swapping Juices Sexually Transmitted Diseases/Infections A Positive Test Paper Snowball Fight My Commitments
Unit 10: Concluding Activities	Web of Support