



REAL Essentials Advance: Curriculum Critical Components Alignment

REAL Essentials Advance meets all of the critical curriculum components. Below are options to consider as you build your program scope and sequence.

REQUIRED

OPTIONAL

Critical Components

Lesson Title

Communication Skills

Including expression, discussion, and negotiation skills

- Basic Needs of the Heart*
- Boundaries are Your Friend
- Setting Boundaries Early
- Effective Communication and Barriers to it*

- Healthy People Ask*
- Communicating Feelings
- Concentric Circles*

Conflict Resolution, Conflict Management, and Problem-Solving Skills

- Personality Styles*
- Communicating Effectively/ Resolving Conflict*
- Not I*
- Generational Differences
- Differences in Birth Order

- Learning Style Differences
- Physical Differences
- Overcoming Potential Obstacles
- Making Healthy Decisions*
- Choices and Effects*

Knowledge of the Benefits of Marriage

- The Measure of My Commitment*
- Cohabitation Defined*
- Finding the Love of My Life
- Dreaming of the Future*

- Marriage It's Good Stuff*
- Mock Wedding Ceremony
- Success Sequencing*

Stress and Anger Management

- Personal Strengths
- Feelings Vs. Behaviors Train*
- Bullying and Violence
- Future Orientation*

- Making Healthy Decisions*
- Refusal Skills
- Creating My Life Plan: Road to Success

Affection and Intimacy

- My Whole Self*
- How Do you Feel Loved?*
- Emotional Needs
- Friendship, Dating and Love*
- Good Date/Bad Date
- Create a Date
- What Love Looks Like
- Love Vs. Infatuation*

- Foundations of a Healthy Relationship
- Relationship Red Flags*
- Preventing Sexual Assault*
- Communicating Consent*
- Pornography: Fact or Fiction?
- The Meaning of Sex
- Steps of Physical Intimacy
- Paper Snowball Fight

Expression and Discussion of Negotiation Skills

- What is a Leader?

- Refusal Skills

Financial Literacy

budgeting, financial planning, and management

- Dreaming of the Future
- Overcoming Financial and Family Obstacles

- Rise Above Risk

Parenting Skills

- Asset Assessment

Addressed through Connect at Home Exercises

- Personality Styles
- Generational Differences
- Foundations of a Healthy Relationship
- The Media's Influence on Me
- Internet and Texting
- Obstacles to Success: Fact or Fiction
- Setting Boundaries Early
- Success Sequencing
- Creating My Life Plan: Road to Success

Trauma and its Effects on Forming Healthy Relationships

- Introduction and Certification Training Focus

**Suggested 12-hour content dosage*