



October 23, 2019

To Whom It May Concern

I, Dr. Joe McIlhaney, M.D., President of the Medical Institute for Sexual Health, attest to the medical accuracy of the REAL Essentials suite of curricula entitled, REAL Essentials Starting Point (middle school, REAL Essentials Advance (high school) and REAL Essentials Life (college-age and beyond).

This suite of curricula is not a medical program, but, rather, teaches research-aligned relationship skills and social and emotional competencies with a sexual risk avoidance approach for the optimal, whole-person health of adolescents. According to robust and plentiful literature, healthy relationships are essential for success, happiness, self-efficacy, and well-being.

Upon reviewing the citations outlined in the suite of curricula, I have found them to be accurate, relevant, and updated to reflect the social science and best practices outlined in the research.

Respectfully,
A handwritten signature in black ink that reads "Dr. Joe McIlhaney, M.D." with a stylized flourish at the end.

Dr. Joe McIlhaney M.D.
President Medical Institute for Sexual Health