

REAL Essentials E-Learning

Getting Started

Before sending students access code and instructions:

1. Watch the [Introduction to REAL Essentials E-Learning Modules](https://youtu.be/TwqPiRt_G9w) video. (https://youtu.be/TwqPiRt_G9w).
2. Determine your E-learning scope and sequence*.
3. Consider additional information that you could include for your students, such as:
 - a. Instructions to screenshot the certificate of completion as evidence of lesson completion
 - b. Additional questions or follow up discussion virtual links
 - c. A list of the lessons the students will receive during your REAL Essentials virtual class series
4. We recommend watching each lesson prior to sending the link to your students
5. Send emails with **lesson links*** and the **password **** to your class roster.
6. Solicit parent consent for lessons from the Sexual Health Unit in REAL Essentials Advance.
7. If possible, aim to follow up with students in a live virtual learning experience to dive into learnings and discussion about what they experienced through the E-learning modules.

Helpful information for understanding the E-Learning platform design:

1. For streamlined access, CRE will generate a single password for all of your students. Please note, our E-Learning software tracks password usage to match the number of students you indicate teaching on your E-learning registration form.
2. To avoid the possibility of students fast-forwarding through the content, and to honor dosage fidelity, we have disabled the fast-forward feature on video content. Students will be able to watch the lessons as many times as they'd like before password expires.
3. Simple content quizzes and virtual completion certificates are included at the end of each module to help educators track attendance and participation. If you want you students to email you a screenshot of their certificates, please instruct them to do so ahead of time.

We appreciate your efforts to stay in front of kids and hope you enjoy this complimentary resource.

* Beginning on Page 2 of this document

** Password found in an email from kim@myrelationshipcenter.org. You will receive 1 unique password that will work for all of your students and for every lesson.

REAL Essentials E-Learning

Lesson Module Selection

Copy the links below for your determined scope and sequence. Paste the link along with the password into an email to your students. The password is the same for every lesson.

Basic Needs of the Heart

<http://realesentials.online/basic-needs-of-the-heart/>

To help students evaluate the condition of their heart.

Essentials of Friendship

<http://realesentials.online/essentials-of-friendship/>

Essentials of Friendship guides students through 10 essential friendship qualities so they can determine if their friendships are healthy, or unhealthy.

How Do You Feel Loved

<http://realesentials.online/how-do-you-feel-loved/>

This lesson inspires students to discover their primary and secondary love languages and helps them understand how someone gives and receives love.

Love vs Infatuation

<http://realesentials.online/love-vs-infatuation/>

This lesson helps students understand the definition of love and differentiate its meaning from infatuation.

My Whole Self

<http://realesentials.online/my-whole-self/>

This lesson introduces 6 types of intimacy and educates students about how each type affects whole-person health.

Toxic Friendships

<http://realesentials.online/toxic-friendships/>

This lesson teaches students to identify the warning signs of toxic friendships and consider the impact each has on relationships.

Future Orientation

http://realesentials.online/future-orientation

The goal of the Future Orientation lesson is to direct students toward understanding the value of thinking beyond the here and now.

Paper Bag Hot Potato

<http://realesentials.online/paper-bag-hot-potato/>

Paper Bag Hot Potato will spark understanding regarding the decision-making process and aid participants in thinking through why and how they make decisions.

Personality Styles

<http://realesentials.online/personality-styles/>

This lesson will aid students in discovering their personality style, thus helping them learn about how they are hard-wired to engage with others. It also helps students to become aware of and appreciative of the differences in others.

Internet and Texting

<http://realesentials.online/internet-and-texting/>

This lesson enables students to better understand the potential pitfalls that cell phone use and technology can have in their relationships.

What's So Special About Me?

<http://realesentials.online/whats-so-special-about-me>

What's So Special About Me is a lesson designed to help students recognize their unique gifts and character qualities.

Sexual Health Lessons

Please consider parental consent before sending these lessons.

Steps of Physical Intimacy

<http://realesentials.online/steps-of-physical-intimacy/>

The lesson objectives for Steps of Physical Intimacy are to encourage students to see the incremental physical steps of intimacy and to empower students with skills and language to be able to discuss and set physical boundaries in their relationships.

Foundations of a Healthy Relationship

<http://realesentials.online/foundations-of-a-healthy-relationship/>

This lesson will help students learn how to build a foundation for healthy, connected, and committed relationships and show students that if a relationship grows too fast in one area, it may not be healthy or lasting.