

REAL Essentials

Starting Point

Title V Scope & Sequence

Hour 1

Pre- Survey (RESP-pre.com)

Norms and Expectations

Ice Breaker: Ground Rules

Worksheet: Ground Rules

Ice Breaker: Get Acquainted Bingo

Worksheet: Get Acquainted Bingo

Lesson: Basic Needs of the Heart

Worksheet: Basic Needs of the Heart

Handout: Human Needs

Lesson: Are You Enough?

Worksheet: Are You Enough?

Lesson: Emotional Needs

Worksheet: Emotional Needs

Lesson: Personality Styles

Worksheet: Personality Profile

Worksheet: Personality Profile Chart

Handout: Personality Characteristics

Lesson: Whole Person Health

Worksheet: A Picture of Good Health

Lesson: Who Am I?

Worksheet: Who Am I?

Ice Breaker: Rabbit, Pig, Tiger

Lesson: What's So Special About Me?

Worksheet: What's So Special About Me?

Lesson: Going Viral

Worksheet: Going Viral

Lesson: Internet and Texting

Worksheet: In the Know

Handout: What Did You Say?

Handout: RU Safe?

Lesson: Easier Said Than Done

Hour 2

Hour 3

Hour 4

Hour 5

Hour 6

Lesson: True Friendship

Worksheet: Real Friendship

Worksheet: Caring for a Friendship

Lesson: Toxic Friendships

Handout: Toxic Friends Defined

Worksheet: Class Responses to Toxic Friends

Worksheet: Toxic Friends Review

Lesson: Setting Boundaries Early

Worksheet: Where Are Your Boundaries?

Lesson: Boundaries Are Your Friend

Lesson: Making Healthy Decisions

Worksheet: The Decision Making Model

Lesson: Paper Bag Hot Potato

Worksheet: Decisions I Make

**Lesson: Obstacles to Success:
Fact or Fiction?**

Worksheet: Drugs and Alcohol: Fact or Fiction

Lesson: Words Have Power

Lesson: Communicating Feelings

Handout: Feeling Words

Lesson: Feelings vs. Behaviors Train

Ice Breaker: Concentric Circles

Lesson: How Do You Feel Loved?

Worksheet: How Do You Feel Loved?

Lesson: Dreams and Goals Kite

Worksheet: Kite Cutout

Lesson: Kite Flight Busters

Handout: Consent Defined

Share Your Story of Impact

Lesson: Making a Vision Board

Worksheet: 20/20 Vision

Post- Survey (RESP-post.com)

Hour 7

Hour 8

Hour 9

Hour 10

Hour 11

Hour 12