



REAL Essentials Respond: Curriculum Critical Components Alignment

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

	Critical Components	Lesson Title
REQUIRED	Communication Skills <i>Including expression, discussion, and negotiation skills</i>	<ul style="list-style-type: none"> On The Job* The Art of Conversation* Basic Needs of the Heart Human Needs Feelings Contextualized*
	Conflict Resolution, Conflict Management, and Problem-Solving Skills	<ul style="list-style-type: none"> Effective Communication & Barriers to It* Healthy People Ask* Setting Healthy Boundaries*
	Knowledge of the Benefits of Marriage	<ul style="list-style-type: none"> Personality Styles* The Speaker/Listener Technique* Paper Bag Hot Potato*
	Stress and Anger Management	<ul style="list-style-type: none"> Time and Technology* Quality of Character Addressing Sexual Assault*
OPTIONAL	Affection and Intimacy	<ul style="list-style-type: none"> Exploring Cohabitation* Tools for Discerning a Lasting Love*
	Expression and Discussion of Negotiation Skills	<ul style="list-style-type: none"> Are you Enough?* What do you Expect?* Communication Danger Signs*
	Financial Literacy <i>budgeting, financial planning, and management</i>	<ul style="list-style-type: none"> Dating Decisions* Relationship Red Flags* The Pornography Effect Love vs. Infatuation*
AS APPLICABLE	Parenting Skills	<ul style="list-style-type: none"> Breakup Skills and Strategies*
	Trauma and its Effects on Forming Healthy Relationships	<ul style="list-style-type: none"> On the Job Introduction and Addressed in the Certification Training

*Suggested 12-hour content dosage