

PROGRAM TOPICS

Real YOU Every individual has a unique personality. Learn to identify personality styles, love languages, and how these impact communication, conflict, and boundaries in a healthy relationship.

Real RELATIONSHIPS Learn the purposes of friendships & dating, the difference between infatuation & love, and gain skills to choose friends and partners wisely.

Real HEALTH Presents risks & consequences of engaging in sexual activity outside of long-term commitment/marriage. Emphasizes the advantages of delaying sexual activity, using the public health model in an age-appropriate, medically accurate approach.

Real RESPECT Learn tools to navigate texting and social media safely. Be aware of the truth & dangers of pornography and how to avoid exposure to unhealthy images.

Real BOUNDARIES Gain tools to identify healthy vs. unhealthy relationships, set boundaries, and practice refusal skills.

Real FUTURE Learn a basic decision-making method and create individual road maps for a healthy future.

Real CHANGES Puberty curriculum that encourages respect and empathy by engaging in a discussion on sensitive topics concerning students changing bodies.

Real DEVELOPMENT Understand medically-accurate information regarding pregnancy and human development in the womb