



REAL ESSENTIALS STARTING POINT

4TH- 8TH GRADE

UNIT 1: LEARNING ABOUT YOURSELF AND OTHERS

- Lesson: Personality Styles 40 min/ p. 31

UNIT 2: HEALTHY FRIENDSHIPS

- **Lesson: True Friendship 20 Min./ p85**
- *Worksheet: Real Friendship p87*
- *Worksheet: Caring for a Friendship p89*
- **Lesson: Friendship and Boundary Setting**
- *Handout: Setting Limits p93*

UNIT 3 CULTURAL INFLUENCES

- **Lesson: Internet and Texting 30min p123**
- *Worksheet: In the Know p125*
- *Answer Key: In the Know p 126*
- *Handout: RU Safe? p128*
- *Lesson: The Media Influence 20 min p135*
- *Handout: The Media Influence on Me pg137*
- **Lesson: “Shark Attack” Internet Safety 20 min p128**
- *Handout: Social Media (Students) p131*
- *Handout: Social Media (Take Home) p132*
- **Lesson: Paper Bag Hot Potato 20 min p139**
- *Worksheet: Decisions I Make p141*
- **Lesson: Obstacles to Success: Fact or Fiction? 20 min p143**
- *Worksheet: Drugs and Alcohol: Fact or Fiction p145*
- *Answer Key: Drugs and Alcohol: Fact or Fiction p146*
- **Lesson: A Distorted View p147**



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4TH- 8TH GRADE

UNIT 4: COMMUNICATION AND DECISION MAKING

- **Lesson: Learning Social Skills 10 Min./ p 151**
- *Handout: Social Skills Every Young Person Needs p 153*
- **Lesson: Words Have Power 20 Min/p155**
- Lesson: Communicating Effectively 20 Min/ p 167

UNIT 5 FUTURE GOALS

- **Lesson: Decision Making and Goal Setting 20 min/ p209 (4th & 5th)**
- *Worksheet: 6th-8th*

UNIT 6 PUBERTY SCIENCE

- **Lesson: Ready, Set, GROW! 30 min p 223 (6th-8th)**
- *Ready, set, grow discussion points p 226*
- *Worksheet: Guess the Grade p 229*
- *Worksheet: Changes for Males p 230*
- *Answer Key: Changes for Males p 231*
- *Worksheet: Changes for Females p 232*
- *Answer Key: Changes for Females p 233*
- **Lesson: Grooming and Hygiene During Puberty 20 min. p 235 (4th & 5th)**
- *Worksheet: Good Grooming p. 237*



HEALTHY POSITIVE RELATIONSHIPS

Real Essentials

9TH- 12TH GRADE (OUNCE)

LESSON: EMOTIONAL NEEDS

- Emotional Needs & Worksheet

LESSON: EFFECTIVE COMMUNICATION & BARRIERS TO IT

- Handout: Communication Skills and Barriers

LESSON: FOUNDATIONS OF HEALTHY RELATIONSHIP

- Strong Foundation
- Assessing Foundations & Handout
- Test of Trust
- Strong Foundation Interview Part A & B

LESSON: THE MEDIA'S INFLUENCE

- My Media Exposure & Worksheet
- The Target Market & Worksheet

LESSON: THE INFLUENCE OF DRUGS AND ALCOHOL

- Drugs and Alcohol Research
- The Benefits of Staying Drug, Alcohol and Tobacco Free

LESSON: SETTING BOUNDARIES EARLY

- Where Are Your Boundaries? & Handout

LESSON: LIFE PLAN

- My Life as I'd Like It to Be



HEALTHY POSITIVE RELATIONSHIPS

Real Essentials

9TH- 12TH GRADE (OUNCE)

LESSON: SUCCESS SEQUENCING

- My Life Recipe
- Life Sequencing Timeline

LESSON: REFUSAL SKILLS

- Role-Play Observation Cards & Worksheet
- Refusal Skills Worksheet
- Refusal Skills Role Play Scenarios

LESSON: THE MEASURE OF MY COMMITMENT

- Commitment Grows When

LESSON: COHABITATION DEFINED

- Marriage vs. Cohabitation Quiz & worksheet
- Asking Why? Worksheet

LESSON: MARRIAGE: IT'S GOOD STUFF

- The Good Stuff of Marriage
- Why Marriage Matters

POST SURVEY