



REAL Essentials with Healthy Boundaries Curriculum Fact Sheet

What are the goals?

- Teaches students to establish healthy boundaries
- Students see impact of self-esteem on current and future goals
- Teaches how to combat the social media culture of today
- Increased student ability to refuse or resist peer pressure
- Covers important emotional and physical boundary for pre-teens: abstinence
- Accurate understanding of the impact of pregnancy on teens
- Educate students on the benefits of adoption
- Teaches students to recognize healthy vs unhealthy friendships

What does it teach?

- Sexual risk avoidance- Abstinence as the only 100% effective birth control
- How to establish healthy boundaries
- Refusal Skills
- Positive impact of adults in a student's life
- The impact of having a positive self-worth
- How to implement boundaries regarding social media, sexting, and pornography
- How to avoid putting yourself at risk of sexual predators
- Cause/Effect and choices/consequences to when boundaries are crossed

How does it teach?

- Brainstorming
- PowerPoint Lecture
- Interactive videos
- Group Discussion
- Classroom Activities
- Pre & Post evaluation tests

Who is the target audience?

- Suitable for use in public and private schools with students in 6th, 7th, and 8th grade in a Social Health, Teen Living, or Health setting
- Suitable for use in community-based organizations, after school care, summer programs and other intervention services that work with middle school students
- Suitable for use in faith-based communities reaching pre-adolescent teens

How long is the program?

- 3 days of agency directed presentation and activities

For more information or to schedule a speaking engagement, please contact Beth Cox,
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