

## UNIT 5 CULTURAL INFLUENCES

- **Lesson: The Media's Influence 20 min./p185**
- Worksheet: The Media's Influence on Me p189
- Worksheet: Advertising and Sexuality p188
- **Lesson: Internet and Texting 20 Min/p 191**
- *Handout: RU Safe? p193*
- **Lesson: The Influence of Drugs and Alcohol p20 Min. 197**
- *Handout: Drugs and Alcohol Research p201 Handout: The Benefits of Staying Drug, Alcohol and Tobacco Free p202*
- **Lesson: Boundaries are your friend 10 Min/ p 221**
- **Lesson: Setting Boundaries Early 10 Min./ p223**
- *Handout: Where are your Boundaries? p225*

## UNIT 6 PLANNING FOR YOUR FUTURE

- **Lesson: Future Orientation 10 Min./ p 229**
- **Lesson: Success Sequencing 20 Min/p237**
- *Worksheet: My Life Recipe p239*
- *Worksheet: Life Sequencing Timeline p240*
- **Lesson: Overcoming Potential Obstacles 20min. p 253**
- *Worksheet: Overcoming Potential Obstacles p255*
- **Lesson: Refusal Skills 30min. p265**
- *Worksheet: Role-play Observation Cards p267*
- *Worksheet: Refusal Skills p269*
- *Handout: Refusal Skills Role Play Scenarios p270*

## UNIT 8 LEADERSHIP AND JOB READINESS

- **Lesson: Employment Readiness 20min. p321**
- *Handout: Employment Readiness Do you want a Job or a Career? p323*
- *Handout: Interviewing Skills p324*
- *Handout: How to Keep a Job p332*

## UNIT 1 LEARNING ABOUT YOURSELF AND OTHERS

- **Ice Breaker: Ground Rules 10 Min.**
- **Lesson: Learning About Yourself and Others p.17**
- **Lesson: My Whole Self 30 min/p.19**
- *Worksheet: My Whole Self p.21*
- *Handout: Categories of Intimacy p22*
- **Lesson: Personal Strengths 20 min/p23**
- *Worksheet: Personal Strengths p25*
- **Lesson: Personality Styles 40 min/p.27**
- *Worksheet: Personality Profile p29*
- *Worksheet: Personality Profile Chart p30*
- *Handout: Personality Characteristics p31*
- **Lesson: The Adolescent Brain 20 min/p35**
- *Worksheet: What I Learned Through Research p37*
- *Answer Key: What I Learned Through Research p38*

## UNIT 4: FRIENDSHIP, DATING AND LOVE

- **Lesson: Character Spotlight 20 min./ p127**
- *Worksheet: Quality of Character p129*
- **Lesson: Friendship, Dating and Love 20 min/p131**
- *Worksheet: Dating: Why and How? p33*
- *Answer Key: Dating: Why and How? p134*
- *Handout: The 10 Keys to Successful Dating p135 Handout: Rights vs. Responsibilities p137*
- **Lesson: Love vs. Infatuation 20 min/p149**
- *Worksheet: Love vs. Infatuation p151*
- *Answer Key: Love vs. Infatuation p152*
- **Lesson: Relationship Red Flags 20 min/ p163**
- *Worksheet: Relationship Red Flag Warning Inventory p 165*
- *Handout: Breakup Skills p167*
- **Lesson: Communicating Consent 20 min/ p175**
- *Handout: Consent Defined p177*

## UNIT 9 SEXUAL HEALTH

- **Lesson: The Meaning of Sex 10 min/ p329**
- **Worksheet: My Thoughts on the Meaning of Sex p331**
- **Lesson: Steps of Physical Intimacy 30 min/p357**
- *Worksheet: Steps of Physical Intimacy p359*
- *Answer Key: Steps of Physical Intimacy p360*
- **Lesson: Sexually Transmitted Diseases/Infections 20 min/p373**
- *Lesson: HIV/AIDS Fact or Fiction? p375*
- *Handout: HIV/AIDS Activity p377*

Total Time: 460 Minutes





## REAL Essentials Starting Point & Advance Sexual Risk Avoidance Adaptation

Florida Legislation Bills 41001 and 10940

GRADES 4-12

### Florida Senate Bill SB410 – Reproductive Health Education

#### LEGISLATION REQUIREMENT

#### LESSON

**Section 1.b** Teaches reproductive health and diseases including HIV/AIDS, its symptoms, development, and treatment.

SP UNIT 6 Puberty Science pg. 223-258  
ADV UNIT 9 LESSON 11 &12 pg. 367-369

### Florida Senate Bill SB1094 – Health Education Instruction

#### LEGISLATION REQUIREMENT

#### LESSON

**Section 1.b** Injury Prevention and safety

SP UNIT 1 Learning about yourself and others pgs. 21-67 Unit 2 Healthy Relationships pgs. 85-119  
ADV UNIT 1 Learning about yourself 19-38  
UNIT 4 Friendship, Dating and Love pgs. 125-175

**Section 1.c** Internet Safety

SP UNIT 3 Cultural Influences pgs. 123-145  
ADV UNIT 5 Cultural Influences pgs. 185-225

**Section 1.f** Prevention and control of disease

SP UNIT 1 Learning about yourself and others pgs. 21-67 Unit 2 Healthy Relationships pgs. 85-119  
ADV UNIT 1 Learning about yourself 19-38  
UNIT 4 Friendship, Dating and Love pgs. 125-175

**Section 1.g** Substance use and abuse

SP UNIT 3 Cultural Influences pgs. 123-145  
ADV UNIT 5 Cultural Influences pgs. 185-225

**Section 1.h** Prevention of child sexual abuse, exploitation, and human trafficking

SP UNIT 4 Communication & Decision-Making pgs. 151-187 UNIT 5 Future Goals pgs. 197-199  
ADV UNIT 4 Friendship, Dating and Love pgs. 125-175 UNIT 5 Cultural Influences pgs. 185-225

#### LEGISLATION REQUIREMENT

#### LESSON



<b>Section 2.</b> Definition of Dating Violence and abuse	SP UNIT 4 Communication & Decision-Making pgs. 151-187  ADV UNIT 4 Friendship, Dating and Love pgs. 125-182
<b>Section 2.</b> Warning signs of dating violence and abusive behavior	SP UNIT 4 Communication & Decision-Making pgs. 151-187  ADV UNIT 4 Friendship, Dating and Love pgs. 125-182
<b>Section 2.</b> Characteristics of healthy relationships	SP Unit 2 Healthy Relationships pgs. 85-119  ADV UNIT 4 Friendship, Dating and Love pgs. 125-182
<b>Section 2.</b> Measures to prevent and stop dating violence abuse	SP UNIT 4 Communication & Decision-Making pgs. 151-187  ADV UNIT 4 Friendship, Dating and Love pgs. 125-182
<b>Section 2.</b> Community resources available to victims of dating violence and abuse.	SP Unit 2 Healthy Relationships pgs. 85-119  ADV UNIT 4 Friendship, Dating and Love pgs. 125-182
<b>LEGISLATION REQUIREMENT</b>	<b>LESSON</b>
<b>Section 3.</b> Awareness of the benefits of sexual abstinence as the expected standard and the consequences of teenage pregnancy.	SP UNIT 1 Learning about yourself and others SP UNIT 5 Future Goals pgs. 197-199  ADV UNIT 6 Planning for your Future pgs. 229-270