



REAL ESSENTIALS



RELATE WELL
LIVE WELL

The power of

POSITIVE DECISION MAKING

TEACHING STUDENTS TO NAVIGATE THE DYNAMICS OF SOCIAL AND EMOTIONAL LEARNING

REAL ESSENTIALS

Overview

Teaching students to navigate the dynamics of social and emotional learning. Specifically designed to equip adults to teach young people skills for combating challenges they face in adolescence. Lessons content captivates the heart and directs students towards positive decision making. All lessons are inclusive, evidence-based, and medically approved.

Formats

WORKSHOP
MENTORSHIP

Audience

STUDENTS
YOUNG ADULTS

Objectives

ACTIVITIES PREPARE STUDENTS TO BETTER UNDERSTAND AND ADDRESS:

- Their individual identity and how it impacts relationships
- How to recognize and respect differences in others
- Effective communication techniques for navigating conflict and expressing oneself
- How to develop healthy dating strategies and ideas for staying connected
- Safe social media guidelines and viewing advertisements through an accurate lens
- Creating vision and applying it to future dreams and success
- The benefits of commitment and marriage
- Developing leadership skills for gaining future employment and keeping a job
- Sex in the context of love and its effect on whole person health
- Provides a comprehensive roadmap for success sequencing