



This outline illustrates the REAL Essentials curriculum alignment with Pennsylvania Academic Standards. The points checked are those that the curriculum addresses in its lesson plans. Some of the topics covered by the REAL Essential content are highlighted in red.

Subject Area - 10: Health, Safety, and Physical Education

Standard Area - 10.1: Concepts of Health

Grade Level - 10.1.9: GRADE 9

Standard

10.1.9.A: Analyze factors that impact growth and development between adolescence and adulthood.

- ✓ relationships (e.g., dating, friendships, peer pressure)
- ✓ interpersonal communication
- ✓ risk factors (e.g., physical inactivity, substance abuse, intentional/unintentional injuries, dietary patterns)
- ✓ abstinence
- ✓ STD and HIV prevention
- ✓ Community

REAL Essentials Content: Friendship & Dating exercise; Influence of Drugs & Alcohol; Obstacles to Success; Peer Pressure; Boundaries; Building Healthy Relationships

10.1.9.B: Analyze the interdependence existing among the body systems; apply protective/preventive strategies

- fitness level
- environment
- ✓ health status: physical, mental, social
- nutrition

REAL Essentials Content: Whole Person Health; Adolescent Brain; Reproductive Anatomy

10.1.9.D: Analyze prevention and intervention strategies in relation to adolescent and adult drug use.

- ✓ decision-making/refusal skills
- ✓ situation avoidance
- ✓ goal setting
- ✓ professional assistance (e.g., medical, counseling, support groups)
- ✓ parent involvement

REAL Essentials Content: Communication skills regarding peer pressure, setting boundaries and refusal skills; Choices and Decisions; Future Orientation

10.1.9.E: Analyze how personal choice, disease and genetics can impact health maintenance and disease prevention

REAL Essentials Content: Avoiding Sexual/STD Risks

Grade Level - 10.1.12: GRADE 12

Standard

10.1.12.A: Evaluate factors that impact growth and development during adulthood and late adulthood.

- acute and chronic illness
- ✓ communicable and non- communicable disease
- health status
- ✓ relationships (e.g., marriage, divorce, loss)
- career choice
- aging process
- retirement

REAL Essentials Content: Whole Person Health; Adolescent Brain; Sexual Risk and STIs; Successful Relationships; HIV/AIDS Fact or Fiction

10.1.12.B: Evaluate factors that impact the body systems and apply protective/ preventive strategies.

- fitness level
- environment (e.g., pollutants, available health care)
- ✓ health status (e.g., physical, mental, social)
- Nutrition

REAL Essentials Content: Boundaries, Refusal Skills

10.1.12.D: Evaluate issues relating to the use/non-use of drugs.

- ✓ psychology of addiction
- ✓ social impact (e.g., cost, relationships)
- ✓ chemical use and fetal development
- laws relating to alcohol, tobacco and chemical substances
- ✓ impact on the individual
- ✓ impact on the community

REAL Essentials Content: Influence of Drugs and Alcohol; Obstacles to Success; Pornography; Refusal Skills

Standard Area - 10.2: Healthful Living

Grade Level - 10.2.9: GRADE 9

Standard

10.2.9.C: Analyze media health and safety messages and describe their impact on personal health and safety

REAL Essentials Content: Media Influence; Internet & Texting; Pornography

10.2.9.D: Analyze and apply a decision-making process to adolescent health and safety issues.

REAL Essentials Content: Choices and Decisions

Grade Level - 10.2.12: GRADE 12

Standard

10.2.12.C: Compare and contrast the positive and negative effects of the media on adult personal health and safety.

REAL Essentials Content: Media's Influences; Internet, Texting

10.2.12.D: Examine and apply a decision-making process to the development of short and long-term health goals.

REAL Essentials Content: Future Orientation, Life Plan, Success Sequencing, Choices & Effects Making Healthy Decisions, Overcoming Potential Obstacles, Overcoming Financial and Family Obstacles; Rise Above Risk; Refusal Skills

Standard Area - 10.3: Safety and Injury Prevention

Grade Level - 10.3.9: GRADE 9

Standard

10.3.9.A: Analyze the role of individual responsibility for safe practices and injury prevention in the home, school and community.

- modes of transportation (e.g., pedestrian, bicycle, vehicular, passenger, farm vehicle, all-terrain vehicle)
- violence prevention in school
- self-protection in the home
- ✓ self-protection in public places

10.3.9.C: Analyze and apply strategies to avoid or manage conflict and violence during adolescence.

- ✓ effective negotiation
- ✓ assertive behavior

Real Essentials Content: Effective Communication; Resolving Conflict; Red Flags; Preventing Sexual Assault; Communicating Consent; Bullying and Violence

Grade Level - 10.3.12: GRADE 12

Standard

10.3.12.A: Assess the personal and legal consequences of unsafe practices in the home, school or community

REAL Essentials Content: Sexual Assault, Communicating Consent, Bullying and Violence

10.3.12.C: Analyze the impact of violence on the victim and surrounding community.

REAL Essentials Content: Relationship Red Flags, Preventing Sexual Assault; Communicating Consent; Bullying and Violence

Subject Area - 11: Family and Consumer Sciences

Standard Area - 11.1: Financial and Resource Management

Grade Level - 11.1.9: GRADE 9

11.2.9.A: Solve dilemmas using a practical reasoning approach

REAL Essentials Content: Choices & Decisions

11.2.9.C: Assess the effectiveness of the use of teamwork and leadership skills in accomplishing the work of the family

REAL Essentials Content: Leadership and Job Readiness

11.2.9.F: Contrast past and present family functions and predict their probable impact on the future of the family.

REAL Essentials Content: Committed Love

11.2.9.H: Justify the significance of interpersonal communication skills in the practical reasoning method of decision-making.

REAL Essentials Content: Communication; Communicating Consent

Standard Area - 11.2: Balancing Family, Work, and Community Responsibility

Grade Level - 11.2.12: Grade 12

Standard

11.2.12.A: Justify solutions developed by using practical reasoning skills.

REAL Essentials Content: Future Orientation; Life Plan; Success Sequencing; Making Healthy Decisions

11.2.12.C: Analyze teamwork and leadership skills and their application in various family and work situations.

REAL Essentials Content: What is a Leader; Employment Readiness

11.2.12.E: Assess the availability of emerging technology that is designed to do the work of the family and evaluate the impact of its use on individuals, families and communities.

REAL Essentials Content: Effective Communication and Barriers to It; Internet and Texting

11.2.12.H: Evaluate the effectiveness of using interpersonal communication skills to resolve conflict.

REAL Essentials Content: Effective Communication & Barriers to IT; Communicating Feelings; Communicating Effectively/Resolving Conflict

Standard Area - 11.4: Child Development

Grade Level - 11.4.9: Grade 9

Standard

11.4.9.A: Analyze physical, intellectual and social/emotional development in relation to theories of child development.

REAL Essentials Content: My Whole Self; Adolescent Brain, My Commitments

11.4.9.B: Evaluate health and safety hazards relating to children at each stage of child development.

REAL Essentials Content: Preventing Sexual Assault; Bullying & Violence; Sexual/STD Risk Avoidance

Grade Level - 11.4.12: Grade 12

Standard

11.4.12.A: Analyze current research on existing theories in child development and its impact on parenting (e.g., Piaget, Erikson and prior findings versus new brain development research).

REAL Essentials Content: Adolescent Brain

11.4.12.B: Analyze current issues in health and safety affecting children at each stage of child development.

REAL Essentials Content: Developmental Assets

11.4.12.C: Analyze practices that optimize child development (e.g., stimulation, safe environment, nurturing caregivers, reading to children).

REAL Essentials Content: Adolescent Brain, Birth Order Differences; Learning Style Differences; Setting Boundaries Early; Rise Above Risk

School Climate and SEL Standards

Safe and Respectful Climate: Provision of Emotional Safety

REAL Essentials Content: Personal Strengths; Personality Styles; Basic Needs of the Heart; Emotional Needs; Effective Communication; Bullying and Violence; Setting Boundaries

Challenge: Adults encourage students to think, work hard, do their best and connect school learning to life.

REAL Essentials Content: Curriculum and teachers promote personal discovery to help students learn about themselves and others, gain communication skills, plan for the future, and learn healthy decision making.

Student Support: Adults listen to, care about and help students.

REAL Essentials Content: Discussions and activities encourage students to think for themselves. Format allows for students to participate and feel heard.

Peer SEL: Student SEL skills are developed.

REAL Essentials Content: Learning About Yourself and Others; Navigating Differences; Effective Communication; Friendship, Dating & Love; Cultural Influences; Planning for Your Future; Leadership & Job Readiness; Sexual Health