

REALife

RelationshipAndLoveTrainingForTeens



Real Talk About Real Life!

Help your teens become informed and ready to make the best choices for a healthy future!

Research shows that the kids who do avoid unhealthy, risky behaviors have been greatly influenced by their connectedness to parents, school and community.

This program empowers adolescents and young adults to live a healthy and focused lifestyle through the development of character and critical thinking skills. REALife training equips students to build healthy relationships and avoid high risk behaviors.



"REALife taught me that decisions you make right now can greatly affect your life in the future. One in every four sexually active teens gets an STD in America each year and I don't want to become a statistic!"
-Female student, age 13

"I loved the honesty and openness about sex and relationships, and that the presenter was very real. It was awesome!"
-Male student, age 16

"I was very impressed with the students' interactive engagement! The program was very beneficial to our school community as a whole."
- Mr. White, Health Teacher,
ECA Middle School

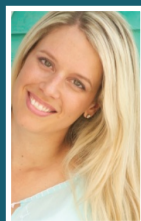
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Funded by:

Lighthouse Pregnancy Resource Center

Contact us to learn more or
to schedule a program!
REALifeNJ.org



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Engaging Presentations with
REAL Answers about Healthy
Dating, Love, Life & Relationships



REALifeNJ.org

#RelationshipGoals



Relevant. Interactive. Engaging.

"REALife has been a wonderful educational enrichment program for our 7th and 8th grade students. It provides the students with strategies and motivation to be successful with avoiding high risk behaviors, such as early sexual involvement, and saying no to drugs and alcohol. With the continuation of this program, the students will become better equipped to make sound choices for life."

- James E. Knox, Principal

"The REALife program is an excellent school resource. Every year we look forward to their presentations at Hackensack High School. They present engaging educational activities with the students and their explanations about sexual health are very detailed."

- Mrs. Medina, Health Educator



REALife Curriculum

Our medically accurate curriculum was developed by the New Jersey Physicians Advisory Group specifically for New Jersey Schools.

Teachers appreciate that the material corresponds to teaching requirements and covers 94% of their New Jersey Student Learning Standards (NJSLA) in Human Relationship & Sexuality (2.4) and 71% of the entirety of 2.1-2.4. It also puts schools in full compliance with NJ's mandated AIDS Prevention Act.

Students love the interactive format of the lessons, which include role playing, games, handouts, and manipulatives.

REALife is most effective in classroom settings where the program has relevance to the class material (i.e. health or life skills classes).

The schedule can be set up to meet your school or group's needs; 5 classes are preferable to receive the full benefits of the program, however, three or even one class has seen notable benefits.

Program Availability

REALife programs are available to North Jersey middle schools and high schools. Customized presentations are available for summer camps, after-school programs, youth groups, and college groups. The program is funded by donations, so there is no cost to the school or host group.

REALife, 5th & 6th Grade

- Character Building, Setting Goals & Making Good Decisions
- The Foundation of Friendship & Bullying
- Healthy vs Unhealthy Relationships
- Setting Boundaries

REALife, 7th & 8th Grade

- Character Building, Setting Goals & Making Good Decisions
- Characteristics of a Healthy Relationship
- STDs & Pregnancy
- Freedom & Choices

REALife, 9th & 10th Grade

- Truth, Dares, or Consequences
- Progressive Steps towards Intimacy
- Relationship Health
- Pregnancy, Sex & Other Risks
- Valuing Self & Establishing Personal Limits

REALife, 11th & 12th Grade

- Sex Matters: Choices & Consequences
- Decisions Today for a Healthy Future